



# Emergency First Aid

PDHC PARENTING CLASS

# Poison Exposure

## Poison Exposures in the United States

- ▶ **Someone** calls a Poison Center every **13 seconds**
- ▶ A **Child** needs a Poison Center every **30 seconds**
- ▶ An **Adult** needs a Poison Center every **39 seconds**
- ▶ **There are over 2 million poisonings every year, costing more than \$12 billion to treat**



# POISON CONTROL

▶ <https://www.youtube.com/watch?v=dJxPqb0krIY>

# Most Common Poisons by Age

## Children (6 and under)

1. **Cosmetics and Personal Care**
2. **Cleaning Products**
3. **Medicines and Medication errors**

## Adults (19 and older)

1. **Medicines and Medication errors**
2. **Cleaning Products**
3. **Animal Stings and Bites**

# Poisoning Prevention

Poison Proof your home

Prevent Medication errors

Get HELP from experts - Call the national poison emergency hotline if you think someone is poisoned: 1-800-222-1222

Lower risks of lead poisoning

# 1. Poison Proof

- ▶ **Avoid “pretty poisons”**
  - ▶ Poisonous products that LOOK GOOD to eat or drink but can be harmful if **swallowed, put in the mouth, inhaled, get in the eye, or get on the skin**
  - ▶ Every time you bring something home ask yourself “does this look like a “pretty poison””? **Store them out-of-sight and out-of-reach!**
  - ▶ **Common Household Examples:** Medicines, bug and weed killers, laundry products, nail glue remover and primer, batteries, cleaning products, alcohol, lighter fluids, iron pills, cigarettes, mouthwash, and plants.



# Practice Poison Safety

- ▶ Never call medicines candy.
- ▶ Do not take medicine in front of children.
- ▶ Do not leave “pretty poisons” unattended
- ▶ Do not store Pretty poisons next to food or personal use items
- ▶ Do not mix cleaning products (Bleach & Ammonia don't mix!)
- ▶ Keep products with **Alcohol** out of site and out of reach.
- ▶ Products containing **Gasoline, Pesticides, or Insecticides** are highly poisonous. Store these in places where children don't have access
- ▶ Safety caps, locks and latches should NOT be the only barrier between poisons and your children.



# Keep Poison Help Number Accessible



- ▶ **Bookmark the Interactive Website**

[webPOISONCONTROL®](http://webPOISONCONTROL.com)





## 2. Prevent Medication Errors



HERBAL  
REMEDIES



### What is a medication?

Prescribed medication - by a Dr. or health care provider

Over-The-Counter (OTC) medication - Any form of medicine you buy without a prescription to treat or prevent health related problems (pain, fever, cough, allergy, etc.)

Vitamins and nutritional supplements - prescribed or OTC

Herbal or homeopathic medicines - in any form to treat or prevent health problems

Others: medical gases (oxygen)

A medication error is a mistake involving medications



Lock it  
up

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=SECF8Y759GW](https://www.youtube.com/watch?v=SECF8Y759GW)

# Examples of medication error

- ▶ Skipping a dose and/or double dose
- ▶ Taking it too soon or later than scheduled
- ▶ Taking the wrong medicine/wrong units of medicine
- ▶ Taking medicine the wrong way (i.e. ear drops in eye by mistake)
- ▶ Drug reaction
- ▶ Drug interaction

# Prevent medication error!

- ▶ Know what and why you are taking
- ▶ Read the labels
- ▶ Keep a medication record
- ▶ Do **NOT** take medication prescribed for others
- ▶ Dispose of unfinished and expired medication properly
- ▶ Use the same pharmacy to fill all prescriptions
- ▶ Call the pharmacy for help if unsure
- ▶ **The pharmacist is a good reference for pregnant or breastfeeding women**



# Print and Keep a Medication List

**For each member of your family**

- ▶ **My Medicines Record Keeper**
- ▶ Use the My Medicines brochure to help you keep track of the medicines you take. This brochure is available in English, Spanish, Arabic, Polish, and 10 Asian/Pacific Islander languages.
- ▶ [My Medicines](#) - **Fill Out and Print a Copy in English** (PDF 1.5MB)
- ▶ [Mis Medicinas](#) - **Fill Out and Print a Copy in Spanish** (PDF 1.58 MB)
- ▶ [My Medicines](#) - **Print a Copy in Other Languages**

### 3. Get HELP from Experts

#### **If you think someone has been poisoned**

- Call the national poison emergency hotline to reach a poison center closest to you: **1-800-222-1222**
- Bring the person and the poison to the phone if possible

#### ***WARNING!***

#### **If a person**

- **Collapses**
- **Stops breathing**
- **Is having seizures**

***CALL 911 IMMEDIATELY!***



# Poison HELP

## 1-800-222-1222

Expert, confidential, 24/7, free to the public

Poison centers are staffed by specially trained healthcare professionals. (nurses, pharmacists, doctors, etc)

A call to the Poison Center saves...

- ▶ Stress and trauma to the patient and family
- ▶ Costly trip to the ER
- ▶ Unnecessary use of 911/EMS services

8 out of 10 poisonings can be treated where they happen





Do Not make  
the poisoned  
person throw up!

- **SOME POISONS CAN CAUSE MORE DAMAGE AS THEY COME BACK UP!**
- **IPECAC SYRUP IS NO LONGER RECOMMENDED**



Every second matters to prevent possible blindness

Begin rinsing the eye with room temperature water.

Contact the experts at Poison Control for help. Call Poison Control at 1-800-222-1222 or use the [webPOISONCONTROL®](#) online tool for help.

Rinse the eye for 15 – 20 minutes with room temperature water.

A child may need to be held over the sink to be able to pour water from a pitcher or the faucet

Then CALL POISON CONTROL

# If Poison is Splashed in the Eye

Take off

- Take off any clothing that has the poison spilled on it

Rinse

- Rinse the skin with running water for 15 minutes

CALL

- CALL POISON CONTROL

If a Poison is Spilled on the Skin

Get	Get some fresh air
Help	Help the person to the outdoors or open door and windows
Call	Call Poison Control

If a Poison is  
Breathed in

# If a Cleaning Product is Swallowed

- ▶ Give the person a glass of water or milk to drink
- ▶ Do not offer liquids if the person is unconscious, having seizures or having difficulty swallowing
- ▶ Call Poison Control



If anything else is Swallowed



Before  
you do  
anything,



Call  
Poison  
Control



# Lead Poisoning

[https://www.youtube.com/watch?v=Zlw\\_bXzPUPHk](https://www.youtube.com/watch?v=Zlw_bXzPUPHk)

# Lead Poisoning is a Health Risk for ALL Ages!

## ▶ You could be at risk if:

- ▶ You live in a home built before 1975
- ▶ If you make or work with products containing lead
- ▶ If you use handmade ceramic dishes from an unknown source
- ▶ If you follow/use home remedies
- ▶ If you buy products made outside of the US
- ▶ Other products to consider - art paint, pool chalk, model car's paint, fishing lures and sinkers, some custom or toy jewelry (when swallowed)

# Testing for Lead Poisoning

**Ask your Pediatrician, Family doctor, or the health department about testing for lead.**



**Children should be tested at 12 months AND re-tested at 2 years of age!**



# Lower risks of lead poisoning

People with lead poisoning might not look or feel sick!

**The most common symptoms:** Anemia (low iron), Constipation, Abdominal pain.

**Health effects:** Nervous system damage, Lower IQ, Slow growth, Premature birth, Low birth weight.

**Long Term Health Effects:** Reading and Vocabulary deficits, Attention disorders, Higher risk of not graduating from high school.

## What you can do:

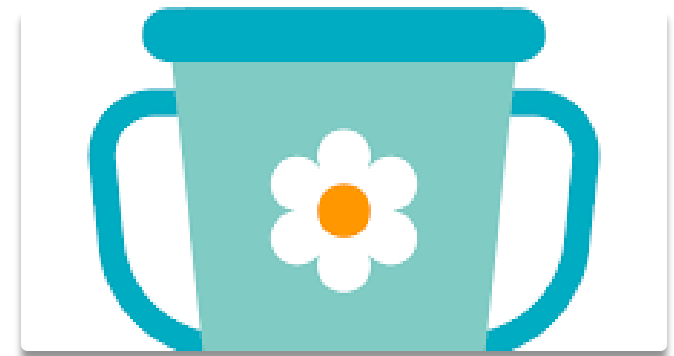
- Look for chipping paint (lead paint tastes sweet)
- Dust and mop weekly (Dust is the main source of lead)
- Eat a balanced diet. Eat foods high in calcium and iron.
- **Wash toys, pacifiers, and everyone's hands often**
- Do not allow children and animals play outside in bare soil.



# All About Fevers

Fevers are an important part of the body's immune response.

- ▶ When your temperature rises it helps the immune system fight infections - bacteria or virus
- ▶ A low fever is not bad
- ▶ Fevers cause the body to burn up lots of calories and. can cause dehydration so give children with fevers lots of liquids
- ▶ Give your child liquids (breastmilk, juice, water, popsicles)
- ▶ Refer to your doctor's instructions





# Taking Your Child's Temperature

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=GOP7O-01EHY](https://www.youtube.com/watch?v=GOP7O-01EHY)

## FEVER:

A temperature greater than or equal to

100.4°F / 38°C



# Fevers in Kids: When to call the Doctor

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ECJ2XMASNZM](https://www.youtube.com/watch?v=ECJ2XMASNZM)

# When to call the Pediatrician for Fevers

Call your Doctor if:

- 100.4 degrees F. Rectally or higher if baby is under 3 months old
- 102 degrees F. Rectally if 3 months to 3 years
- 103 F. Orally if older than 3 years
- **Call 911 if your baby is having difficulty breathing**

# Choking



## ▶ What should I do?

- ▶ If child is talking/breathing, do nothing. Let them cough it out. Stay with them until the episode passes. DON'T pat them on the back – it could make it worse!
- ▶ If the child can't breathe call 911 immediately,
- ▶ To avoid choking cut all food into small bites.
- ▶ **The 2 most common foods that cause children to choke are hot dogs and grapes.**
- ▶ Keep small objects away from children 3 & under (beads, coins, small toys, deflated balloons, candy, etc).



# Cuts

What should I do?



## Minor bleeding?

- ▶ Rinse the wound well with water to clean out dirt.
- ▶ Wash the wound with a mild soap and rinse well. (No need to use an antiseptic.)
- ▶ Cover the wound with a clean bandage. Keep it dry. Check it daily.
- ▶ Call your doctor if the wound is red, swollen, tender, warm, or draining pus.

## Bleeding a lot?

- ▶ First do the same as with minor bleeding, Use gauze or a clean towel.
- ▶ Raise the bleeding body part above the level of the child's heart.
- ▶ Apply direct pressure to the dressing with the palm of your hand for 5 minutes.
- ▶ If blood comes through the gauze, apply another gauze.



# Cuts

## When do I call for help?

- ▶ Large cuts or tears
- ▶ you can't stop the bleeding after 5 minutes of pressure. Continue applying pressure until help arrives
- ▶ you can't clean out dirt completely, or there's something else stuck in the wound
- ▶ the wound is on the child's face or neck
- ▶ the injury was caused by animal or human bite, a burn, electrical injury, or puncture wound
- ▶ the cut is more than half an inch long or deep
- ▶ If you aren't sure if stitches are needed







# Stocking a First Aid Kit

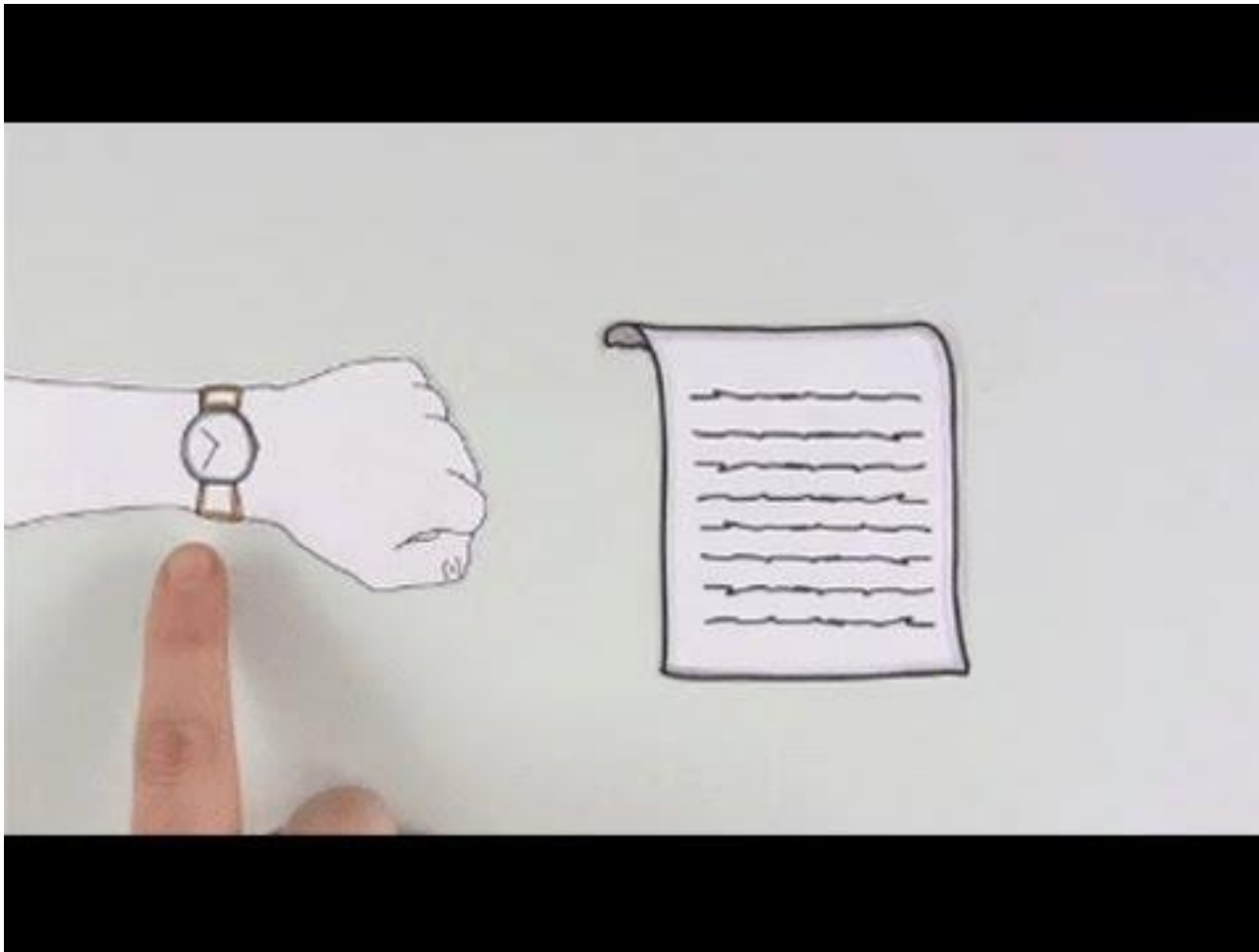


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CH?V=NK29ZCNX99E](https://www.youtube.com/watch?v=NK29ZCNX99E)

## Essentials to Prepare for Emergencies

- ▶ Flashlights
- ▶ Batteries
- ▶ Bottled water
- ▶ Foods that do not need refrigeration
- ▶ Set a meeting place outside your house
- ▶ Practice fire drills, tornado drills with your children



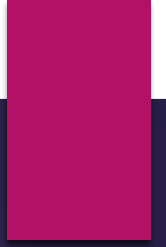


# Making a Family Emergency Plan

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**KEEP  
SAFE  
AND  
SOUND**



# Resources

- ▶ Central Ohio Poison Center “Be Poison Smart!”
- ▶ Heritage House ‘76, Inc. Earn While You Learn, Main Module 7
- ▶ <https://www.fda.gov/media/83298/download> Medication List
- ▶ <http://q985online.com/wisconsin-donut-shop-is-having-a-little-fun-with-the-tide-pods-craze/>
- ▶ <http://www.eatbalanced.com/vitamin-pills-for-kids/>
- ▶ <https://www.wisebread.com/common-household-poisons-and-how-to-react>
- ▶ <https://www.youtube.com/watch?v=dJxPqb0krlY>
- ▶ <HTTPS://WWW.YOUTUBE.COM/WATCH?V=SECF8Y759GW>
- ▶ <TTPS://WWW.YOUTUBE.COM/WATCH?V=ZIWBXZPUPHK>
- ▶ [WEB\*\*POISON\*\*CONTROL® ONLINE TOOL FOR HELP.](#)
- ▶ [HTTPS://WWW.FDA.GOV/CONSUMERS/CONSUMER-INFORMATION-AUDIENC/WOMEN?UTM\\_CAMPAIGN=WOMENS%20HEALTH%20UPDATE%20JUNE%202020&UTM\\_MEDIUM=EMAIL&UTM\\_SOURCE=ELOQUA](HTTPS://WWW.FDA.GOV/CONSUMERS/CONSUMER-INFORMATION-AUDIENC/WOMEN?UTM_CAMPAIGN=WOMENS%20HEALTH%20UPDATE%20JUNE%202020&UTM_MEDIUM=EMAIL&UTM_SOURCE=ELOQUA)
- ▶ <HTTPS://WWW.WEBMD.COM/FIRST-AID/QA/WHEN-SHOULD-I-CALL-A-PEDIATRICIAN-ABOUT-MY-CHILDS-FEVER>