

POISON PREVENTION TIPS

- Call your Poison Center for advice at **1-800-222-1222**.
- Be responsible. Understand the directions for using and storing all products and medications.
- Keep a list of all your medications and dosages.
- Always use the same pharmacy to fill prescriptions
- Double-check every prescription to make sure that you receive the correct medication and dose.
- Store medications in their original containers.
- Never take medications in the dark.
- Wear glasses when dispensing your medications, and read labels carefully.
- Never take someone else's medication.
- Keep all medications and potentially harmful materials up and out of the reach of children.
- If a poisoning does occur, stop further exposure to the poison.
- In case of a life-threatening event, contact 911 or emergency medical services immediately.

POISON CENTERS CAN HELP

- If you believe that you that you have been poisoned or if you have a poison information question, contact your local Poison Center at **1-800-222-1222**.
- Poison Centers provide emergency assistance 24 hours a day, 365 days a year.



**Emergency Assistance:
A phone call away,
24 hours a day
1-800-222-1222**

Visit our Web site at
www.chp.edu/chpstore/poisonprev.php
for Mr. Yuk stickers and other poison prevention materials.



Use Mr. Yuk to teach your children about poisons and how to contact your Poison Center.

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Poison Prevention for Seniors



Keeping You and Your Loved Ones Safe in the Home



Poison Prevention for Seniors

Keeping You and Your Loved Ones Safe in the Home

FACTS ABOUT POISONING

- Nearly **5 million** poisonings occur each year in the United States.
- About **5 percent** of poisonings involve seniors (adults over 60), but an astounding **41 percent** of poisoning-related deaths occur in this age group!
- Medication exposures cause more than **45 percent** of poisonings in seniors.
- More than **55 percent** of poisonings involve children 12 and younger, who often spend time in the homes of seniors, especially grandparents.



WHY ARE SENIORS VULNERABLE?

- The average senior takes **five** prescription and **two** over-the-counter medications daily.
Result: There is a greater risk of drug interactions and adverse drug reactions.
- Many seniors suffer from failing eyesight.
Result: It's easy to make errors, like mistaking ear drops for eye drops, taking the wrong medication or having difficulty reading medication labels.
- Memory lapses are common in seniors.
Result: Seniors may take extra doses of medication accidentally.
- Seniors often have pre-existing medical problems.
Result: They may worsen the adverse effects of poisoning.

SENIORS' HOMES CAN BE DANGEROUS FOR CHILDREN

- Seniors may leave medications out so they don't forget to take them.
Result: Medications may be within easy reach of curious young visitors, who might mistake them for candy.
- Seniors' homes may not be "child-proof."
Result: Cosmetics and cleaning materials are easy for children to reach.
- Children like exploring and adventure.
Result: It can be hard for seniors to keep up with little ones — but an accidental poisoning can happen in just seconds.

