



The Poison Apple

Iowa Poison Control Center's newsletter for Iowa school nurses

1-800-222-1222

March 2019



Did you know

National Poison Prevention Week is March 17-23, 2019

Although poisonings are preventable, they are still the number one cause of unintentional injury death in the U.S. National Poison Prevention Week helps bring awareness to the dangers of poisoning for all age groups and provides opportunities to share prevention tips and strategies to reduce poisonings.

Join us in March to promote poison awareness! Visit our website www.iowapoison.org to order free prevention materials. Follow the Iowa Poison Control Center on Facebook and @IAPoisonCenter on Twitter for poison prevention safety messages throughout the year!

First Aid for Poisoning

The Iowa Poison Control Center is here to help if someone swallows or comes in contact with something that might be poisonous. Don't wait for symptoms to develop. Contact Poison Control immediately! **Before you contact us**, there are first aid measures that make a difference if accomplished within seconds to minutes of the poison exposure. Be familiar with these steps.

Has the person collapsed, stopped breathing, had a seizure, or cannot be awakened?

- Call **911** or local emergency number right away.

Swallowed the wrong medicine or too much medicine?

- Call **1-800-222-1222** for Poison Help.

Swallowed something that is not food or medicine?

- Drink a small amount (1-2 ounces) of milk or water.
- Call **1-800-222-1222** for Poison Help.

Poison or chemical in the eyes?

- Remove contact lenses and rinse eyes with tepid, running water for at least 15 to 20 minutes.
- Call **1-800-222-1222** for Poison Help.

Poison or chemical on the skin?

- Take off any clothing that the poison touched.
- Rinse skin with tepid, running water for 15 minutes.
- Call **1-800-222-1222** for Poison Help.

Inhaled poison fumes?

- Get to fresh air right away.
- Call **1-800-222-1222** for Poison Help.

Be prepared for a poisoning emergency. Text the word "poison" to 797979 to download the poison control's contact information into your mobile phone.



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Post and share this edition of **The Poison Apple** with your school colleagues. Send comments or questions to 712-234-8775 (fax) or Tammy.Noble@UnityPoint.org.

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