



## March is Poison Prevention Month!

In 2010, there were 42,917 poisoning fatalities in the United States. Additionally, nonfatal poisoning rates across all age groups are currently on the rise. Poisoning can happen to anyone, at any age, and is most often accidental involving everyday items found in the home.

### Children

Accidental poisoning is one of the most common reasons children are seen in emergency rooms.

Children are most often poisoned in their own homes. When poisons are

not properly stored, children can mistake them for something good to eat or drink. For example, household cleaners are mistaken for juices, and medicine is mistaken for candy. Children are naturally curious about the taste, smell and texture of products. Children may be interested in the mechanics of a spray container. By tasting, smelling or spraying a product, children learn more about it. Children copy what their parents or grandparents do, such as taking medication, drinking colored liquids, cleaning house, and spraying chemicals.



### Prevention and Reaction

- **Complete a home safety checklist**—find the checklist on [www.iowaposition.org](http://www.iowaposition.org) use it to identify and fix possible poison hazards.
- **Keep all poisons out of reach of children.**
- **Don't keep it if you don't need it.** Visit [www.wastecom.com](http://www.wastecom.com) to learn how properly dispose of household hazardous materials.
- Read the warning labels of household products. **Label all potential poisons as "POISON"**.
- **When in doubt, call the Poison Control Center!** Call toll free 1-800-222-1222.



### Adults

Misuse is the most common cause of accidental poisoning among adults. Adults are usually guilty of not reading instructions carefully and taking heed of the warning labels. Older adults often fall victim to accidental medication poisoning. This may happen when products are removed from their original containers to new, smaller containers. Health effects from drug interactions are also a concern, especially because older adults may use many

different medications and may even share medications.

### Prevention and Reaction

- **Keep medication in the original container.**
- **Follow all medication directions as prescribed.**
- **Keep a list of all medications and review regularly with your doctor or pharmacist for drug interactions.**
- **Never take other people's medicine.**
- **Don't keep it if you don't need it.** Medicines can be confused for other things and cause accidental poisonings. Bring unwanted and expired medicines into a participating Take Away pharmacy. Visit [www.iarx.org/takeaway](http://www.iarx.org/takeaway) to find a Take Away pharmacy near you. Make medicines undesirable and dispose of it in the trash. For safety reasons, it is better to dispose of medications than to hang onto them. Be sure to follow the directions on the Scott County Waste Commission's Web site for making medicines undesirable to children and thieves before disposal. Visit [www.wastecom.com](http://www.wastecom.com).
- **When in doubt, call the Poison Control Center!** Call toll free 1-800-222-1222.

## School Health Requirements

March is a busy month for kindergarten round-up and orientation to middle or high schools. Healthy children learn better. Now is a great time to look at what your child needs to attend school in the 2015-2016 year.

- **Immunize against disease.** Vaccines protect us, teaching the body to fight germs that pose a serious health threat. Many are required by law. Parents can get children off to a great start by making sure vaccines are up to date. Ask your doctor which ones your child needs. Be sure to get them done before school starts!
- **Check smiles.** Tooth pain can result in missed school days. Regular dental care prevents decay and infection. State law requires kindergarten and ninth grade students to have a *Certificate of Dental Screening*. Call your dentist today!
- **Clear vision.** Eye exams help identify changes in vision. Poor eye sight can affect children's ability to read and focus. State law says kindergarten and third grade students need to have proof of vision screening on record at school. Check those eyes!

Need help finding health providers or vaccines for children? Call (563)326-8618.



## Related Resources:

- Iowa Poison Control Center— [www.iowapoison.org](http://www.iowapoison.org)
- Centers for Disease Control and Prevention: Protect the Ones You Love— Poisonings — [www.cdc.gov/safekid/poisoning/](http://www.cdc.gov/safekid/poisoning/)
- Waste Commission of Scott County — [www.wastecom.com](http://www.wastecom.com)
  - ◇ Medication Disposal— <http://www.wastecom.com/Content/Residential/Pharmaceuticals-and-Medications.aspx>
  - ◇ Household Hazardous Materials Disposal— <http://www.wastecom.com/Content/Facilities/Household-Hazardous-Material.aspx>

## MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, March 19, 2015.*

### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County— A safe and healthy community.

## SCOTT COUNTY HEALTH DEPARTMENT

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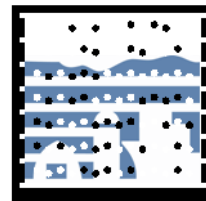
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**Public Health**  
Prevent. Promote. Protect.