**National Poison Prevention Week**

**American Association of Poison Control Centers**

**Themes and Main Messages**

*Use #preventpoison in all tweets*

**Monday, March 17: Children Act Fast … So Do Poisons**

* Over 50% of calls to poison centers involve children 6 and younger. Keep medicine locked up and out of reach. #preventpoison
* Keep cleaning supplies, batteries, encapsulated detergent pods and medicines locked up and away from children! #NPPW
* When it comes to poison prevention, child-resistant is not child-proof. Layer the protection: re-seal, lock up, out of sight and reach. #preventpoison
* Tell children what medicine is and why you must be the one to give it to them. Never call medicine “candy” to get them to take it. #preventpoison
* Keep the Poison Help line number handy. Carry it with you on your babysitting jobs and save the number in your cell phone. #preventpoison
* Help is just a phone call away. Program the Poison Help number and post it near your home phone. 1-800-222-1222. #preventpoison
* Visit NMPDIC’s [Children's Poison Prevention Tip Page](https://cascade.unm.edu/education/pub-ed/pp_tip_pages/children%20) for more information.

**Tuesday, March 18: Calling Your Poison Center is Responsible!**

* It is understandable why some caregivers may feel irresponsible about caring for their loved ones over the telephone rather than having a face – to – face visit with a healthcare professional. But did you know…
  + The New Mexico Poison Center is staffed with licensed pharmacists specially trained in the treatment and management of poisonings? Learn more at <http://nmpoisoncenter.unm.edu/about-us/index.html>.
* Poison centers offer some of the best health value around: Fast, confidential, expert medical advice 24/7/365 for FREE! #preventpoison
* More than 90 percent of cases from the public can be managed without a hospital visit. How’s that for a time-saver? #preventpoison
* Do you have questions? Not sure if it’s an emergency? When in doubt, check it out. Call your local poison center at 1-800-222-1222 #preventpoison
* Poison centers answer millions of calls each year? Most calls come from the public, but doctors and nurses also call for advice! #preventpoison
* Put the Poison Help line number in and near your phone. 1-800-222-1222. #preventpoison
* Poison centers save **$1.8 bil** a year by keeping people out of hospitals, getting them back to work sooner, and teaching prevention? #preventpoison
* Even though poison centers save people time and money and help keep people healthy, they face severe funding cuts. These cuts are so drastic, that some poison centers may have to close. If you support poison centers, and want these life-saving services to stay available, send a letter of support: www.capwiz.com/aapcc

**Wednesday, March 19: Poisonings Span a Lifetime**

* Poisonings span a lifetime. Poison prevention is for everyone, from children to seniors and everyone in between. #preventpoison
* Poisoning is a big deal! It is the second leading cause of death from injuries in the U.S. behind only motor vehicle crashes. #preventpoison
* Most calls to poison centers are about children, but most people who die from poisons are adults. Poisoning is a danger for us all. #preventpoison
* Poison centers want to remind adults to take and give medicine safely: read the label every time and follow the directions #preventpoison
* Only give or take medicine with the lights on, and with glasses on if you need them, to ensure that you can see the label. #preventpoison
* Download our free medicine checklist: [www.aapcc.org/prevention](http://www.aapcc.org/prevention). #preventpoison
* Program the Poison Help line (1-800-222-1222) into your phone. #preventpoison
* Poison centers provide free, confidential medical advice 24 hours a day, seven days a week, every day of the year. 1-800-222-1222 #preventpoison
* English not your first language? No problem. The Poison Help line has translators for over 150 languages. Call 1-800-222-1222 #preventpoison
* Visit NMPDIC’s Poison Prevention Tips Pages: <http://nmpoisoncenter.unm.edu/education/pub-ed/pp_tip_pages/index.html>.

**Thursday, March 20: Home, Safe Home**

* More than 90 percent of poisonings happen in people’s homes, mainly in the kitchen, bathroom and bedroom. #preventpoison
* Keep all medicines, household cleaners and garden chemicals up high where children can’t see or reach them. #preventpoison
* Never store household and garden chemicals in food containers like cups or bottles. #preventpoison
* Are your carbon monoxide detectors working? Test them every six months and put in fresh batteries #preventpoison
* Never mix household cleaning products together. Mixing them could create a poisonous gas. #preventpoison
* Swallowing a button battery can be deadly for a child. Call right away if a battery is missing from an electronic. 1-800-222-1222 #preventpoison
* Questions? Not sure if it’s an emergency? When in doubt, check it out. Call your local poison center at 1-800-222-1222. #preventpoison
* Start an annual “Home Safety Day” in your neighborhood. Go through each room of the home and make sure there are no poisoning dangers. Download a checklist from our website, [www.aapcc.org/prevention](http://www.aapcc.org/prevention).
* Download NMPDIC’s Home Safety Checklist: <http://nmpoisoncenter.unm.edu/education/pub-ed/upload_files/docs/hsc_eng_span.pdf>.

**Friday, March 21: Spotlight on prescription painkillers and synthetics**

* The FDA is calling prescription drug abuse an “epidemic.” Prescription painkillers are responsible for a lot of addiction and abuse. #preventpoison
* Get rid of prescription painkillers when you are finished with them. Don’t give a drug seeker the chance to find some in your home! #preventpoison
* If you are currently using prescription painkillers, lock them up where only you can get to them. #preventpoison
* Be aware of the dangers prescription drugs can pose. Never change your dose without talking to your doctor first. #preventpoison
* Using prescription drugs without a doctor’s prescription can be deadly, even the first time using them. #preventpoison
* If you or someone you know is addicted to prescription drugs, get help NOW. Talk to your doc about ways to reduce risk of overdose. #preventpoison
* Prescription painkiller abuse does not draw boundaries. This epidemic hits the young and old, men and women, and all income levels. #preventpoison
* Learn more: <http://nmpoisoncenter.unm.edu/education/pub-ed/pp_tip_pages/Teens.html>.