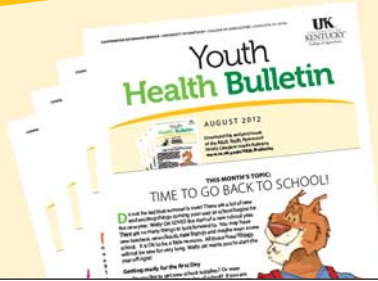


Youth Health Bulletin



MARCH 2015

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Reprinted by:
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THIS MONTH'S TOPIC: POISON PREVENTION

Wally Cat is on Poison Patrol. Poison is something that gets into or on your body and hurts you. There are many poisons found inside and outside of a person's home. Wally Cat wants you to be as safe as you can and be careful of poison. Be on Poison Patrol!

How does someone get poisoned?

You may become poisoned when you eat, drink, touch or smell something that can make you sick. Different things can make you sick. You can become sick if you take the wrong kind or too much of a medicine. There are also some plants that make you sick if you eat them. Many household cleaners can make you very sick if you drink them.

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There are many berries, plants, flowers and mushrooms from outside that are not safe to eat. Always ask an adult.

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Medicines

Medicines are supposed to make you feel better, but they can make you sick if they are not used the right way. Medicines can make you sick if you take too much, take the wrong kind or take someone else's medicine. Medicine should always be given to you by an adult such as a mom, dad, grandparent or a person that you trust.

Plants

There are many kinds of plants that we eat. When you go to the food store, you may see different kinds of leafs (like spinach and lettuce) or berries. But there are many plants that grow that may not be safe for you to eat. You should not eat any leaves, berries, flowers or mushrooms from outside without an adult checking them first. They could be poisonous and may make you very ill.

Cleaners

Many different cleaners are the same color as sports drinks and other flavored drinks. It is important to check with an adult about a possible "drink" before you start to consume it. Don't confuse your favorite sport or flavored drinks with household cleaners.

What do you do if you think you or someone with you is poisoned?

If you think you or someone you are with has been poisoned tell an adult right way. An adult will call the Poison Control Center. If there is no adult around and you think someone you are with has been poisoned, you can call the Poison Control Center too. The number is **1 (800) 222-1222**. It is important to be able to find this number if you think someone has been poisoned. You can ask to have the number posted near the telephone in your home or programed into your mobile phone.

Wally Cat wants you to be safe! A poison can make you very sick. Poisons can be found inside and outside of the house. If you always use the things in



and out of the house in the right manner, you will not get sick from them. It is important to never eat or drink anything that you are not sure is safe!

Wally Cat Quiz!

1. You should only take medicine from: _____

2. If you think you have been poisoned, who should you tell right away? _____

3. What is the number for the Poison Control Center? _____

4. Where in your home should you post the telephone number for the Poison Control Center? _____

ANSWERS: 1) ADULTS THAT YOU TRUST SUCH AS PARENTS, GRANDPARENTS AND HEALTHCARE PROVIDERS. 2) AN ADULT. 3) 1 (800) 222-1222. 4) NEAR A TELEPHONE.

SOURCES:

- American Association of Poison Control Centers. <http://www.aapcc.org/>
- Safe Kids Worldwide <http://www.safekids.org/tip/poisoning-prevention-tips-pdf>

Youth
Health Bulletin

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of Kentucky HEEL program)

