



# PALMETTO POISON CENTER

1-800-222-1222

## Girl Scout Teaching Guide

### **Step 1: Introduce yourself and state your purpose (30 seconds)**

*"Hi my name is \_\_\_\_\_ and I am here to teach you about poison prevention and what to do in case someone has been poisoned."*

### **Step 2: Tell the parents/caregivers about the Palmetto Poison Center (2 minutes)**

#### **What is the Palmetto Poison Center?**

The Palmetto Poison Center is a non-profit organization dedicated to the prevention of poisonings and providing clinical advice to the general public and the health care community.

We serve all 46 counties of South Carolina, providing information and advice completely free of charge. We are staffed by nurses and pharmacists who are formally trained in toxicology and are specialists in providing poison information.

We are available 24 hours a day, 7 days a week, 365 days a year. Our calls range from accidental and intentional ingestion of poisonous substances to adverse drug reactions, snake and spider bites, and occupational or biochemical exposures.



**Step 3: Explain to the parent/caregiver what a poison is and how poisons can harm them or someone they love (1 Minute)**

**What are poisons? How can they harm you?**

A poison is a substance that can cause injury or death if it comes in contact with your body. Poisons come in all different shapes, sizes, and colors. Some poisons are even odorless and colorless. If you don't know what it is – stay away!

**Step 4: Explain the various ways people can be poisoned (3 Minutes)**

**How can you be poisoned?**

Poisons can enter the body several ways:

- Ingestion (eating or drinking something)
- Contact (splashing or spilling something on the skin or in the eyes )
- Inhalation (breathing dangerous fumes)
- Bites/stings from insects, snakes or spiders

Young children usually do not understand that they can poison themselves. Children under 5 are very curious about the things around them. All potential poisons should be kept up high and out of reach or under a lock and key.



**Step 5: Explain how poisonings can happen. Let them know it only takes a second! (3 Minutes)**

**How do accidental poisonings happen?**

- Improper storage of poisons (Ex. Storing poisons where children can reach them)
- Improper use (Ex. Mixing household chemicals like bleach and ammonia or taking medication without reading the label)
- Children imitating adults (Ex. Pretending to take medicine)

**Step 6: Ask the parent/caregiver to come up with 2 other examples of how an accidental poisoning can happen and discuss with them. Instruct them to call the poison center immediately if someone has been poisoned. (2 Minutes)**

**Step 7: Go over the home poison proofing procedures listed below (5 minutes)**

**Let's poison proof your home:**

1. Look at the **Household Checklist** for a list of potential poisons in the home.
2. Locate all potential poisons in your home and store them high and out of reach.
3. Post the number for Poison Control in your home. **1-800-222-1222** (Use the stickers provided.)



**Step 8: Sit down with the parents and children and talk to them about the following things. Get down on the child's level and be very patient! ( 5 minutes)**

**Let's teach kids about poison – Key Facts:**

- You cannot always tell a poison by the way it looks, smells, or tastes!
- Some candy looks like medicine. Always ask before you eat anything that is not given to you by an adult.
- Sometimes things that are poisonous smell good. Some types of cleaning products smell like apple, for example, but are very harmful if swallowed.
- You should not put plants in your mouth. You never know if they could be poisonous.
- Never put cosmetic-type products in your mouth. Examples are makeup, perfume, face cream.

**Step 9: Ask the parents/kids the questions from the Poison Safety Quiz. Write down their answers. If they answer the question incorrectly, provide them the correct answer.**

**Step 10: Present the family with a certificate for completing the Poison Prevention training.**

**Step 11: Thank them for their time. Tell them to contact the Palmetto Poison Center with any future questions or to request materials for their home. Give them a phone sticker and sheet of Mr. Yuk stickers.**

# HOUSEHOLD CHECKLIST

*Keep These Items Up High and Out of Reach or Stay Away!*



## KITCHEN

- Soaps
- Dish Detergent
- Furniture Polish
- Drain Cleaners
- Oven Cleaners
- Ant/Roach Killers
- Mouse/Rat Poison
- Floor Cleaners
- Alcohols

## BATHROOM

- Medications
- Mouthwash
- Cleaning Supplies
- Shampoos
- Toothpaste
- Deodorant
- Eye Drops

## BEDROOM

- Cosmetics
- Perfume
- Baby powder
- Medicines

## LAUNDRY ROOM

- Bleach
- Detergent
- Cleaners

## GARAGE OR STORAGE AREAS

- Antifreeze
- Pesticides
- Gasoline
- Paint Removers
- Weed Killers
- Windshield Fluids
- Gas/Oil Treatments




## LIVING ROOM

- Plants
- Cigarettes
- Lamp Oil

## OUTDOOR

- Plants
- Mushrooms
- Snakes
- Spiders
- Pesticides
- Herbicides
- Fertilizers

## PALMETTO POISON CENTER

 [poison.sc.edu](http://poison.sc.edu)  
 [palmettopc@cop.sc.edu](mailto:palmettopc@cop.sc.edu)  
 803-777-7909

# 1-800-222-1222

In case of a poison emergency, call our 24/7 hotline for fast, free and professional help.



## Dangerous Look-alikes

Take a look at the following pictures. These products were chosen because of the color or packaging.

Can you see how a child might confuse these products?



# Is it Candy or Medicine?

 Dolobid®	 Good N' Fruity®	 Ferrous Sulfate	 Red Hots®	 Tegretol®	 Smarties®
 Children's Vitamins	 Tangy Bunnies	 Depakene	 Good N' Fruity®	 Pseudoephedrine	 Cinnamon Candy
 Ferrous Gluconate	 M&M®	 Amantadine	 Good N' Fruity®	 Bethanechol	 Sweetarts®
 Aspirin	 Skittles®	 Mesoridazine	 M&M® (small)	 Simethicone Chewable	 Altoid® Mint
 Tylenol®	 Tic Tac®	 Ephedrine	 Good N' Plenty®	 Phenelzine	 Skittles®
 Valproic Acid	 Good N' Plenty®	 Ibuprofen	 Good N' Plenty®	 Amitriptyline      Cinnamon	

Borrowed from NY State Poison Center



## Quiz

*How much do you know about poison safety now?*

1. **The Poison Control Center Provides Free Service:**
  - a) 24/7, 365 days a year
  - b) Monday-Friday 9am-5pm
2. **If someone has been poisoned, you should:**
  - a) Call 911
  - b) Call 1-800-222-1222
  - c) Drive straight to the emergency room
  - d) Make the person vomit immediately
3. **The use of child resistant packaging always prevents accidental poisoning.**
  - a) True
  - b) False
4. **Cleaning with one product is good, mixing two or more together is even better.**
  - a) True
  - b) False
5. **Poison can enter the body through your eyes.**
  - a) True
  - b) False
6. **Children love to imitate adults therefore we should not take medicine in front of them.**
  - a) True
  - b) False
7. **The best place to store poisons and keep them away from children is \_\_\_\_\_.**
  - a) in the kitchen cabinet with a child safety lock
  - b) in the garage in plastic storage bins
  - c) up high and out of reach of children
8. **You can always tell a poison by the way it looks or smells.**
  - a) True
  - b) False