

Your Health Matters

POISON HELP 1-800-222-1222

Poisonings are more common - and more deadly - than you realize. Every eight seconds someone needs a Poison Center...COULD YOU BE NEXT?

Save the Missouri Poison Center Help Number in Your Phone! Put 1-800-222-1222 in your cell phone and near home phones. If you think someone has been poisoned, call the number right away.

Poisonings can happen to anyone and poison centers are for everyone. The call is free and confidential. Seven of ten people who call their poison center get help over the phone. They don't have to go to a doctor or hospital.

Poisoning is a danger for all of us. Taking the wrong amount of medicine or someone else's medicine, accidentally eating dishwasher soap, mixing cleaners, or having too much alcohol to drink could lead to a poisoning.

More than 2 million poisonings are reported each year to the Nation's poison centers. According to the American Association of Poison Control Centers, approximately 90 percent of poisonings happen at home, and 51 percent of poisonings involve children under the age of 6. Most fatal poisonings occur among adults, especially older adults.

To protect your family from poisoning due to misuse of medication, take four simple steps.

- Keep medication locked up out of sight.
- Properly discard any medication that is no longer needed or is expired. There is a medication drop box located at the Montgomery City Police Department.
- Carefully read medication labels and dosing instructions on all products.
- Never tell children that medicine is candy, even to try to get them to take it more easily.

By educating our Montgomery County residents about preventative steps in the home and in their lives, I believe we can make serious progress in keeping our loved ones safe. It is vital that people arm themselves with basic information on poison prevention in the home, such as keeping chemicals out of the reach of children and carefully reading the labels and dosages on all products.

In case of a poison emergency, contact the Missouri Poison Center at 1-800-222-1222.

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, call 573-564-2495 or visit us online at www.montgomerycountyhealth.org or on Facebook or Twitter @healthymoco. ■

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