



Mark Your Calendar!

- March 3**
- Prepared Childbirth
9 a.m. - 2 p.m.
- March 6**
- Prims Time Cuffies at 10 a.m.
 - Low Sodium Solutions*
Janet Kahn RDLD, CDE
Please register by calling 546-3410
 - Breastfeeding Class
7 - 9 p.m.
 - Diabetic Support Group at 7 p.m.
 - "Healthcare Reform and Diabetes"
Dab Fischer-Clemens, Avera
Vice President of Public Policy
- March 10**
- Heartsaver CPR Renewal (\$22)
8 - 11 a.m.
- March 17**
- Babysitting Class (\$15)
9 a.m. - 3 p.m.
- March 20**
- Stroke Screening
(\$40 each or \$95 for all 3 tests)
Appointments necessary
546-3401
- March 27**
- Welcome to Medicare Free Seminar
6:30 p.m. in the FVH Conf Center
Please register by calling 546-3410
by 3/13
- ** For more information or to register for the above classes, please call 712-546-3401.*
- Sources:** American Association of Poison Control Centers (aapcc.org) and Poison Prevention Week Council (poisonprevention.org)

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"Poisoning Spans a Lifetime"

First designated by President Kennedy in 1961, the third week of March annually has been declared as National Poison Prevention Week. In 2009, the U.S. poison centers took more than 4.2 million calls, or an average of one call every eight seconds! Children under the age of 5 accounted for 52 percent of all exposure calls to poison centers and 91 percent of all exposures happened in the family home.

The best line of defense for unintentional poisoning is to limit the access to potentially harmful substances. The Poison Prevention Week Council shares some good rules to follow at home:

1. Use child-resistant packaging properly by closing the container securely after use.
2. Keep all chemicals and medicines locked up and out of sight.
3. Call the poison center 1-800-222-1222 immediately in case of poisoning.
4. When products are in use, never let young children out of your sight, even if you must take the child or product along when answering the phone or doorbell.
5. Keep items in original containers.
6. Leave the original labels on all products, and read the label before using.
7. Do not put decorative lamps and candles that contain lamp oil where children can reach them because lamp oil is very toxic.
8. Always leave the light on when giving or taking medicine. Check the dosage every time.
9. Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy."
10. Clean out the medicine cabinet periodically and safely dispose of unneeded medicines when the illness for which they were prescribed is over. We would recommend utilizing Project Safe Meds at www.police.texas.gov.

If you suspect an individual may have come in contact with a substance that is poisonous, remain calm. Not all medicines and chemicals are poisonous and not all exposures result in a poisoning. But it is also important to contact the Poison Control Center at 1-800-222-1222 as soon as you can. This number is answered 24 hours a day, seven days a week, 365 days a year and translators are available for over 150 languages. If you cannot reach the poison center, call 911.

Information that will be helpful during the call include: age, weight, existing health conditions, substance that was involved and type of exposure (inhaled, swallowed, etc.), first aid given and your location including how close you are to the nearest hospital.

For more information or activities to promote poison awareness in your area, log on to aapcc.org.

Did You Know?

- The most common poisons for children include cosmetics, personal care products, cleaning products, pain medicines, topical preparations (diaper rash cream, hydrogen peroxide) and toys.
- The most common poisons for adults include pain medicines, sedatives, household cleaning products, antidepressants, cardiovascular drugs and alcohols.
- The most common poisons are not necessarily the most dangerous. Some of the more dangerous types of poisons include antifreeze, windshield washer fluid, some medicines, corrosive cleaners, fuels (such as kerosene, lamp oil, gasoline and kiki-torch oil) and pesticides.
- Since 2010, poison control centers have received over 4,500 calls on synthetic marijuana (K2, Spice, Genie, etc.) and over 6,670 calls on bath salts.