



National Poison Prevention Week is March 14-20, 2010

- ◆ Alcoholic beverages
- ◆ Ammonia
- ◆ Antihistamines
- ◆ Anti-depressants
- ◆ Aspirin, acetaminophen or ibuprofen
- ◆ Bleach
- ◆ Dishwashing liquid
- ◆ Cough and cold medicines
- ◆ Diet pills
- ◆ Garden chemicals
- ◆ Glass cleaner
- ◆ Glue
- ◆ Iron supplements
- ◆ Laundry detergent
- ◆ Laxatives
- ◆ Lye
- ◆ Painkillers
- ◆ Rat poison
- ◆ Rubbing alcohol
- ◆ Solvents and thinners
- ◆ Vitamins

More than 2 million poisonings are reported each year. More than 90% of poisonings happen in the home. Poisonings are one of the leading causes of death in adults. The majority of non-fatal poisonings occur in children age 6 and younger. Do you know which of the products you keep around your house are poisonous? Take this short quiz to assess your knowledge of poisonous products.

Q. Which of the household products listed at left are potentially poisonous?

A. Every item listed (as well as many items not included) is poisonous under the right circumstances, especially to small children. In fact, a leading cause of accidental poisoning in children is the ingestion of iron supplements.

To protect your family from accidental poisoning, follow these tips:

Storing and Handling

Keep household products

out of the reach of children in cabinets with locks on them. Keep non-food items, even vitamins, away from where food is stored or prepared. Avoid using products that contain lead or lead-based paints.

Leave all unexpired medicines in their original containers with their labels intact. Properly discard all expired prescription and over-the-counter medicines and containers on a regular basis. Discard any medicines (expired or not) that have crumbled or have changed odor or color. Ask for and buy only medicines with safety caps.

Poison-proof Behavior

Never leave children unattended around household products, even to answer the phone. Teach your grandchildren to always ask you or their parents before putting anything in their mouths. Tell them “even things that look good can poison you”. Never tell a small child that medi-

cine is “candy”. Read caution labels and follow product directions. Never use food containers to hold poisonous products.

Read and understand prescriptions; if you have a question, call your doctor or pharmacist. Don’t give or take medicines in the dark. Never mix alcohol and medicine. Do not “borrow” another person’s medicine. For Injury Prevention and Home Safety Assessments, contact Denise Houle, FDL Public Health Nursing Department, at (218) 878-2128.

In Case of Poisoning

Keep the Poison Control Center (PCC) phone number 1-800-222-1222 posted near all the phones in your house. They are specially trained on recommended treatment for possible poisonings. Seek medical attention immediately. Do NOT use syrup of ipecac to induce vomiting.

Parlay International (v.1) 2560.016
FDL Public Health Nursing Dept.

March is National Colorectal Cancer Awareness Month

Colorectal cancer can occur in any part of the large intestine, which consists of the colon and rectum. Colorectal cancer is of particular concern because it is the second leading cause of cancer deaths among Native Americans in Minnesota. Natives tend to be diagnosed in later stages, when cancer is more difficult to cure. The rate of colorectal cancer is higher among Natives, most likely because of family history, poor eating habits, sedentary

(low-activity) lifestyles, diabetes and obesity. Another contributing factor to the high incidence rate/late diagnosis problem is that most Natives do not receive regular screenings for colorectal cancer. The symptoms of colorectal cancer are: changes in bowel movements (diarrhea or constipation), weight loss, chronic weakness or fatigue, rectal bleeding, bloating, lower abdominal pain, and changes in the size/color/shape of stool. Regular screening can detect

colorectal cancer at its earliest stages when it is easiest to treat and has the best chance for cure. Screenings can also prevent cancer because precancerous polyps can be removed during the screening process. All adults over 50, and any adult with symptoms regardless of age, are strongly encouraged to get screened. Screenings include colonoscopy every 10 years. People with family history of colorectal cancer or polyps may need to start screenings at a younger

age, or have them done more frequently.

Fond du Lac Public Health Nursing Department has two strong advocates for people concerned about cancer. If you have questions about screenings or colorectal cancer, please contact Deb Johnson-Fuller or Deb Susienka at (218) 878-2128.

Minnesota InterTribal Colorectal Cancer Council
FDL PHN Dept. Cancer Outreach