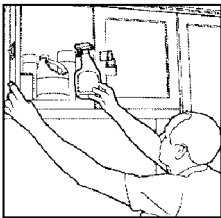
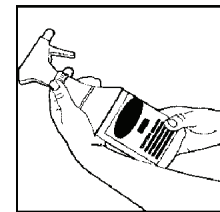




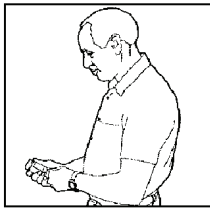
Prevent Poisonings



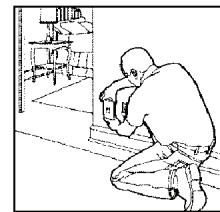
1. Read the label before using products. If you see the words **caution, warning, danger, or poison**, lock these items in a place where children can't reach them.



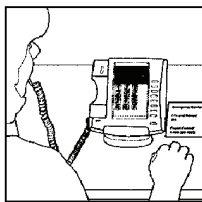
2. Keep all cleaners in their original containers. Do not mix them together.



3. Use medications carefully. Follow the directions. Keep them locked away from children.



4. Install carbon monoxide detectors near sleeping areas.



5. Call the Poison Control Center at 1-800-222-1222 if someone takes poison. If you have a question about poisons, this number will also connect you to emergency help in your area.

SMOKE ALARMS SAVE LIVES

CARBON MONOXIDE ALARMS SAVE LIVES

SMOKE ALARMS SAVE LIVES

A Public Fire Safety Message from the Bloomington Fire Department

Informational Source: Home Safety Council

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Prevent Poisonings

Use Medicine Safely

- Do not take medicine in front of children.
- If you need to take medicine when children are with you, do not refer to medicine as candy.
- Measure medicine carefully. Use a dropper or medicine spoon, not a spoon you use for eating.
- Read the label and follow the instructions carefully.
- Know what each medicine is for.
- Use only the amount prescribed.
- Do not mix medicines.
- Know that you should not drink alcohol when taking some medicines—check with your doctor or pharmacist.
- Do not take someone else's medicine or share your own medicine.
- Keep medicines in their original bottles or containers.

Keep Track of Medicines

- Keep track of how much medicine you take and when you take it.
- Use a medicine pill box or make a chart to help you keep track of your medicine. Don't rely on your memory or the memory of others.
- Don't use a medicine pill box if young children are in the home because they can easily open the box.
- Keep a current list of all the medicines and supplements you take.

Dispose of Medicine Safely

- Throw away unused, unneeded or expired medicines.

- If you have pills, crush them first. Then mix them with used coffee grounds, or kitty litter—something messy so a child or pet won't try to get them. Then throw them out with the trash.
- Flush medicine down the sink or toilet only if the label says to do so.
- Find out if a drugstore can dispose of the medicine for you.

Talk to your Doctor or Pharmacist

- Review prescriptions and other medicines at every visit. Keep an up-to-date list.
- Take all of your medicines or your list to every appointment.
- If possible, use the same pharmacist for filling all prescriptions. It will be easier for one person to look at your complete list of medicines and check if there is any danger when taking these medicines at the same time.
- Know that many medicines have a dangerous reaction if you drink beer, wine, or liquor while taking them. Ask your doctor or pharmacist if it is safe to have these drinks while you are taking each medicine.

Use Household Products Safely

- Read the label and follow directions.
- Never mix household products together. (For example, mixing bleach and ammonia can result in poison gases.)
- Wear protective clothing if needed (Examples include gloves, long sleeves, long pants, socks, shoes, safety glasses, or a mask.)
- Turn on the fan and open windows when you use chemical products.
- Keep children and pets away from the area where you are working.

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Prevent Poisonings

Prevent Carbon Monoxide (CO) Poisoning

- Use and maintain fuel-burning equipment correctly. This includes gas ranges, non-electric space heaters, fireplaces, non-electric furnaces and water heaters, and wood stoves.
- Never run any motor indoors or in an unattached garage or enclosed porch.
- Install CO detectors in your home.

Parents or Caregivers of Young Children

Make Your Home Safe

- Watch children closely.
- Let children know that some things are only for grown-ups to use.
- Never leave children alone with products that can be poisonous, including medicines and household products. If you have to leave the area to do something like answer the phone, take young children with you.
- Keep all plants out of reach.
- Share these messages with adults in the homes where your child visits.

Take Extra Care with Medicines

- Do not take medicine in front of children
- If you need to take medicine when children are with you, do not refer to the medicine as candy.
- Use child-resistant caps and secure them in place after each use.
- Do not use medicine pill boxes if young children are in the home.

Older Adults

- Always use your eyeglasses when taking medicines.
- Use a magnifying glass if the words are not clear.
- Take medicines in a place with good lighting to help avoid mistakes.
- Get help when you have to take eye drops, get injections, and use inhalers.
- Get help if you are confused about how to take any of your medicines.

Drug Poisoning: Opioids (Narcotics)

WHAT YOU NEED TO KNOW

- Adults age 22—55 are more likely to die from poisoning than any other age group.
- More adults age 31—58 die from poisoning than from motor vehicle crashes.
- 92 percent of poisoning deaths are from drugs, including prescription and over-the-counter drugs.
- More people die from opioid poisoning than from cocaine and heroin.

“Opioid” is another word for “narcotic.” We use the word “opioid” because it includes both “natural” drugs that come from the opium poppy (for example, morphine and codeine) AND synthetic drugs that act like the natural drugs. Examples of the synthetic drugs include fentanyl, hydrocodone, hydromorphone, methadone, and oxycodone.

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Prevent Poisonings

Opioids are strong drugs that reduce pain. Doctors usually prescribe them only for a very serious pain. For example, someone who has major surgery may take them for a while to reduce pain. Doctors may prescribe opioids for cancer patients when other drugs don't provide enough help for the pain. (Some opioids have other uses. For example, a doctor might prescribe codeine for people who have a bad cough. People who are recovering from heroin addiction might use methadone.)



WHY THESE DRUGS ARE DANGEROUS

People can have side effects when they use opioids. The side effects include sleepiness, dizziness and slow breathing. These effects are worse if someone takes another drug that also depresses the central nervous system while taking opioids. For example, it is dangerous to take an opioid at the same time as alcohol, sleeping pills, antihistamines, sedatives, or some anti-anxiety drugs. Another side effect of opioids is constipation.

Sometime people take too much of an opioid on purpose. They do this because they want to get high. This is dangerous. The amount that someone needs to get high is also enough to slow down their breathing. People who use opioids to get high can become dependent on them. They can become addicts. These people need more and more of the drug to get high, and they will have withdrawal symptoms if they try to stop.



This can also happen to people who take opioids for medical reasons but take them for too long, take too much, or don't follow what the prescription labels say about safe doses. People who take too many opioids can die from an overdose. They can go into a coma and stop breathing.

There is another problem. Many drugs with opioids also contain acetaminophen, an over-the-counter drug that is used to reduce pain. Acetaminophen is safe to take if people follow the directions on the label. But an overdose can cause death from liver damage. This can happen without any real warning.

HOW YOU CAN BE SAFE

How can you help prevent opioid poisoning deaths?

- Follow the directions on the prescription label.
- Take the right dose, at the right time, only as long as the doctor tells you to do so.
- Take only your own medicines.
- Do NOT share medicines with anyone else.
- Do NOT take alcohol, sedatives, antihistamines, acetaminophen, or sleeping pills when you take an opioid.
- Store medicines safely.
 - Store medicines in their original containers.
 - Put the child-resistant cap back on the bottle each time you use it.
 - Lock medicines up high, where children can't see or reach them. (Opioids are one of the most dangerous drugs that poison children.)



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Prevent Poisonings

What should you do if you think someone has taken an overdose, or you make a mistake with your medicine?



- ♦ Call the free Poison Center Help number at 1-800-222-1222 right away. A medical professional will help you.
- ♦ If someone stops breathing, won't wake up, or is having seizures, call 911.

SHARE THIS INFORMATION WITH OTHERS YOU CARE ABOUT

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