the ABC’s of POISON PREVENTION

A TEACHER’S GUIDE

Upstate Medical University

1-800-222-1222
Dear Educator,

Most poisonings are unintentional. They are not supposed to happen but they do. When they do, we are ready to take your call 24 hours a day, 365 days per year.

The Upstate New York Regional Poison Center has designed this Program to acquaint you with information about poison prevention so that you, in turn, will be well equipped to teach others about the potential dangers of poisonous products and what to do in a poison emergency.

In order for this program to be most effective, take time to read through the sample lesson plan designed for your level and familiarize yourself with the section on Look-Alike Products, prior to your presentation. As the teacher, you are the best judge of the amount of time you will need to teach this important lesson to your students. If you have a question about any materials included in the resource section, call the Education Department at the Center, 315.464.5375.

Following your presentation, please take a moment to complete the evaluation sheet located at the end of the lesson plans and return it, or a copy to us at the address listed. We appreciate your comments as we are always looking to improve our teaching approach.

It is our hope that this Program will help you to promote poison prevention awareness.

If you have any questions or if we can be of assistance in developing an individualized teaching lesson with you, please call us at the Poison Center.

Most importantly, thank you for your interest in our Teaching Program.

Sincerely,

Gail Banach, MS, IDDE, MSED, BA
Director of Public Education & Communications
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UPSTATE NEW YORK POISON CENTER
STATEMENT OF PURPOSE

The Upstate New York Poison Center (UNYPC) of Upstate Medical University is a component of the Department of Emergency Medicine of University Hospital and provides coverage to 54 counties of New York State. The Poison Center serves as both an emergency telephone service and an information and resource center. The Center is one of two designated Regional Poison Centers in New York State.

The services of the Poison Center are accessible to the general public and health care professionals 24 hours per day, 365 days per year. Calls received at the Center are managed by Poison Information Specialists, RN’s trained in Toxicology. Our Poison Information Specialists utilize the nationally recognized Micromedix database, which includes the most current information on products, drugs, plants and environmental toxins and is updated quarterly.

The Poison Center offers a comprehensive education program, including both public and professional education. Professional medical education is available through the Center to medical residents, pharmacy students, nurses, EMT’s and others. The Public Health Educators actively promote poison prevention awareness in local communities throughout the year, culminating in March, Poison Prevention Month. Educational programs are directed towards all age groups, with special focus on children. The outreach programs include materials that are available on an “on-loan” basis, complete with lesson plans, Look-Alike displays, audio-visual materials, poison prevention brochures, telephone stickers and more.

The Poison Center serves the following area:
POISON FACTS

- U.S. Poison Centers managed 4.2 million calls last year.
- In 2010, the Upstate New York Poison Control Center managed 85,000 incoming and outgoing calls.
- 82% of all calls to the Poison Control Center are treated at home through accurate telephone management provided by the Poison Center.
- Over 50% of all poisonings involve children under the age of 5.
- Medicine, cleaning products, plants, cosmetics and pesticides are the most common poisoning agents.
- For every dollar spent by the Poison Centers, seven dollars are saved on the emergency medical side.
- Most poisonings are unintentional – they can be prevented.

GOALS AND OBJECTIVES OF THE TEACHING POISON PREVENTION PROGRAM

The Upstate New York Poison Control Center has established the Teaching Program in order to reduce poisonings and to:

1. Increase awareness of the existence, purpose and phone number of the Poison Center among students of all ages. It is important for students at all levels to know where to call in case of a poison emergency.

2. Increase knowledge of products that can be poisonous. Most poisonings occur when products we use every day are used incorrectly.

3. Increase knowledge of poison prevention measures that can be taken (even by children) to reduce the risk of accidental poisonings.
WHAT IS A POISON?

Poison is any substance that will cause harm to a person or animal if taken into the body. Poison is something that can cause sickness or even death if ingested, inhaled, spilled on the skin or splashed in the eyes. It is important to know that poisons can come in many forms: solid, liquid, sprays and invisible gases and can therefore enter the body through many different routes.

Children are naturally curious, as it is their way of learning about the world around them. Unfortunately, children put almost everything they see and touch in their mouth, even if it doesn’t smell or taste good. Ingestions are the Number 1 route of poisoning in children. Other poisoning can be dermal (on the skin), ocular (in the eye), respiratory due to inhalation, or bites or stings.

WHAT TYPE OF THINGS CAN BE POISONOUS?

Medication

Medicine helps us to get well when we are sick, if taken properly. All medicines have directions and precautions on their labels and those directions must be followed carefully. Prescription drugs should be taken only under a physician’s guidance and only by the person to whom they are prescribed. Only one or two pills ingested by the wrong person can cause death. Medications include both prescription drugs and over-the-counter medications such as acetaminophen, laxatives and vitamins. Many medicines are shaped and colored like candy and some are sweet tasting. Parents and caregivers should teach children that medicine is not candy and avoid rewarding children for taking medicine. As children love to imitate adult behavior, we recommend that adults don’t take their own medication in front of children. Medicine should NEVER be taken without adult supervision.

Cleaning Products

Modern technology has made house cleaning much easier with powerful cleaning products. However, many of these household cleaners are poisonous if ingested or inhaled and can also cause reactions when splashed on the skin or in the eyes. These effects can be even worse when cleaning products are used together. One deadly combination is the use of an acid based cleaner such as Limeaway with a chlorine bleach. The reaction between these two chemicals forms chlorine gas which can be lethal. All cleaning products should have labels with directions and warnings and should NEVER be stored in food containers. Always keep household cleaners in their original containers.

Cleaning products act quickly, whether used as intended or accidentally as a poison. Older children should always check with an adult before using any cleaning product. Younger children should be taught not to touch them. It is crucial to keep cleaning products out of the reach of small children.

When disposing of empty containers, be sure to rinse them out thoroughly before recycling or throwing them in the trash. Children get into the recycling bin too. Some containers might even need special disposal as a household hazardous waste. Read the label on the product for information from the manufacturer concerning specific disposal instructions. For information on the next household hazardous waste collection date in your area, call your local Cooperative Extension or Resource Recovery Office.
Plants

Plants, flowers, berries and mushrooms are often beautiful to look at but many are poisonous. In some cases only part of a plant or flower is poisonous. Many people are unaware that some edible plants have toxic parts. Did you know:

<table>
<thead>
<tr>
<th>Edible Plant</th>
<th>Poisonous Part</th>
<th>Poison</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato</td>
<td>Sprouts/Green Parts</td>
<td>Solanine</td>
</tr>
<tr>
<td>Apple</td>
<td>Seeds</td>
<td>Cyanide</td>
</tr>
<tr>
<td>Peach</td>
<td>Pit</td>
<td>Cyanide</td>
</tr>
</tbody>
</table>

Some plants are poisonous to pets but not to humans and vice-versa. The best advice from preventing poisoning due to plants is to never eat any plant, flower, berry or mushroom found in or on the ground, unless you are positive of its identity and that it is edible. The Poison Center has a poisonous plant list that can serve as a helpful guide for you.

Cosmetics

Cosmetics are designed to make us look better, smell better and feel better, but they too can be poisons. Most of the chemicals used in cosmetics today are not toxic to the skin and eyes, but can be toxic if ingested. Mouthwash, perfume, aftershave and cologne all can contain alcohol. Alcohol is not meant to be drunk by children and, if ingested, can cause serious illness and even death. Some dandruff shampoos, those that contain phenols or coal tars, can cause severe mucosal burning if ingested. All cosmetics should be kept out of children’s reach.

Pesticides/Insecticides

Many people use bug killers, weed killers, lawn fertilizers and other pesticides/insecticides to keep their trees, shrubs and lawns healthy and insect-free. These products are poisonous and can be particularly dangerous. Read and follow the directions and precautions on the label of each product carefully every time the product is used. Children and pets should be kept away from spraying or lawns that have been treated and if they come into contact with these products the skin area affected will need to be washed well with soap and water immediately. When using an insecticide with DEET on children, be sure it is 10% DEET or less. Also, spray the product on clothing, not on skin, washing skin with hot soapy water at the end of the day. Just because it can’t be seen doesn’t mean it can’t cause harm. Flea and tick shampoos used on pets should also be considered pesticides and treated in the same way.

HOW CAN YOU PREVENT POISONINGS?

- Store all drugs and chemicals in their original containers and out of the reach of children, preferably in a locked cabinet.
- Never put chemicals in food containers (e.g., never put bleach in a drinking glass or gasoline in a soda bottle).
- Never call medicine candy.
- Use products with safety caps. Make sure the tops are on tightly after each use.
- Read and follow label directions on all products before using them.
- Keep the phone number of the Poison Center on or near your telephone. Call if you have a problem or question. Be sure to program your cell phone too!
WHAT SHOULD YOU DO IF A POISONING OCCURS?

Call the POISON CENTER immediately – even if you only think that a poisoning has taken place. It is better to call and be safe. **Make sure that the patient has been removed from the dangerous situation before calling.** About 26% of our calls are for poison information. We like to help with those calls, to prevent poisoning before it happens!

WHAT WILL HAPPEN IF YOU CALL THE POISON CONTROL CENTER?

The Poison Center, a 24-hour helpline, will answer any of your poison questions or provide management in an emergency situation. Generally when you call the Center due to a poisoning emergency, the Poison Information Specialist might tell you one or more of the following:

- It will be okay. You don’t need to do anything this time, but we’re glad you called.
- It will be okay. Give the victim a glass of water or milk. Wash the affected area.
- It will be okay but you need to follow our directions carefully.
- This is a situation that needs to be taken care of in the hospital. Can you get a ride for the person or should we send an ambulance? We will notify the hospital of your arrival and they will be waiting for you.

The PCC will follow-up on any cases that require treatment, whether the treatment is given at home or in the Emergency Department. 82% of all poisonings are home manageable. Only 11% require a trip to the Emergency Department, and of that 11% only 3% need emergency transportation via ambulance.
EDUCATIONAL TOOLS AVAILABLE THROUGH THE PCC

STOP! ASK FIRST! – This multimedia project features the new “first family” of poison prevention, the Toon Family in STOP! Ask First, and is designed for young children in pre-school through grade 2. Mellie and Zipper Toon travel through their home exploring potential poisons as their parents take time to teach the children the ABC’s of poison safety. (6:27 minutes) http://upstate.edu/poison/community/publiceducationpage.php

SPIKE’S POISON PREVENTION ADVENTURE – A 9 minute VHS video. Spike, the porcupine, makes it easy and fun to teach poison prevention. Includes a video and classroom activities as well as education materials for parents/caregivers. Appropriate for pre-school, kindergarten.

POISONALITY – An 18 minute video that teaches children about poison prevention and many types of poisonings through a series of vignettes in which actors role play poisoning situations. Appropriate for grades 3 - 5.

POISON CONTROL IN ACTION – A 13 minute video including common reasons for adult poisonings, such as misuse of household products, inhalation or other contact with chemicals on the job and inappropriate use of prescription or non-prescription drugs.

THE POISON QUIZ BOARD is used to test the participants’ knowledge of poisoning. The Board, measuring 1” by 24”, contains six question listed horizontally on an acrylic board with windows that slide open and closed to reveal the questions on one side and the answers on the other. The design of the display allows for their use with any age, as questions are tailored to the needs of the audience. The Board is included in a case for ease in carrying.

The MEDICINE CABINET displays prescription and over the counter pills and tablets matched with a candy look-alike product. The products are in a sealed cardboard and wood container that looks similar to a real medicine cabinet. This teaching tool reminds us how easy it is for anyone to confuse medicine with candy.

(These audio-visual materials are available on an “on-loan” basis through the Poison Control Center and other point of service agencies)

POISONOUS LOOK-ALIKE DISPLAY KIT

Poisonous Look-Alikes – Did you know that many medicines and household cleaning products are similar to food, drinks and candy? It is important to be aware of these similarities and to store these items separately. These Look-Alikes can be very confusing to adults and even more confusing to children who cannot read labels. The Poison Center advises that you keep all poisons locked up and out of reach of children, especially these Look-Alikes.

The Poison Center has two teaching tools from which to choose to help your students learn about Look-Alikes and other poisonous products. Both tools are available on loan, at no cost.

Look-Alike Teaching Kit is our most effective teaching tool for any age group. The kit features actual items of many common poisonous and non-poisonous household products that “look-alike”. (E.g., Apple Juice and liquid Spic and Span, mini-marshmallow and mothballs, etc.). Kits are available on-loan from the Poison Center or Point of Service Agencies in our service area.
**Look-alike Flipchart** – Through research conducted with our target audience, customers suggested a more compact version of our look-alike kits, for easier transportation. We therefore developed a Look-alike Flipchart containing **pictures of our look-alike products** for use with our poison education programming. The Flipchart makes it easy to show participants how similar food products are to matching poisonous products, available through the Poison Center or through our Point of Service Agencies.

Look-Alike products included in our kit:

**Poisonous Household Products**
- Ammonia, Rubbing Alcohol
- Sports Cream (red & white label)
- Sparkling Laxative (green bottle & label)
- Beer (match label color to soda label)
- Cleanser (green label)
- Mouse bait (packaged in a box) (Sound-Alike)
- Chocolate Laxative
- Red Lamp Oil
- Mothballs
- Pine cleaner
- Decongestant or Cold Preparation (red)
- Dishwashing Liquid (with picture of lemon)
- Blue Windshield Washer Fluid

**Non-Poisonous Food Items**
- Water
- Toothpaste (red & white label)
- Ginger Ale (green bottle & label)
- Soda Pop
- Grated Cheese (green label)
- Candy (same type of container)
- Chocolate Candy Bar
- Cranberry Juice
- Mini-Marshmallows
- Apple Juice
- Red Hot Cake Decorations
- Lemon Juice
- Blue Punch/Kool Aid

**NOTE:** There are many medicines, including vitamin pills, that look like candy. While there are only a few listed here, you should be aware that many more similarities exist.

This list is not complete. It is just a sample of some of the more common poisonous look-alikes. There are many other look-alike products on the market. If you know of some that should be included here, please let the PC know.

**DETAILED EXPLANATION OF LOOK-ALIKE PRODUCTS**

**“Good products” can become “bad products” when you don’t follow label directions and instructions.**

- **Ammonia/Rubbing Alcohol and Water** – The distinctive odor of ammonia or rubbing alcohol fades when left sitting out and exposed to the air. Many people use these products in cups to clean jewelry. It’s very easy for a child to mistakenly think it’s water and drink it, never noticing the jewelry at the bottom. It’s best to NEVER put non–food items in old food containers.

- **Sports Cream & Toothpaste** – The tubes as well as both products look similar. The strong smell of a sports cream cannot be depended on as a warning, especially for a young child.

- **Sparkling Laxative & Ginger Ale (bottle) Sparkling Laxative (cherry flavor) & Red Soda Pop** – These laxatives look and smell very much like soda to a young child. They can cause dehydration and electrolyte imbalances if ingested in large amounts.

- **Cleanser & Grated Cheese** – These products and their containers are both very easy to confuse. You can prevent this confusion by storing food products and cleaning products separately.

- **Pesticide – mouse bait pellets in a box and candy in same type of box** – These products are not so much look-alikes as sound-alikes. To a young child the brightly colored boxes are both attractive and when shaken sound identical.

- **Chocolate Laxative & Chocolate Candy** – Many medicines look and taste like candy, but they are not candy. Never call medicine candy to encourage a child to take it. All medicines (and vitamins) should be stored out of reach of children.

- **Beer & Soda Pop** – There are many beers and alcoholic beverages on the market that resemble sodas and fruit juices. Be aware of these similarities so that you don’t store look-alike beer and soda side by side in the refrigerator. Even small amounts of alcohol can cause problems in small children.

- **Red Lamp Oil & Cranberry Juice** – This is a good example of two liquids that are similar in color and consistency. Lamp oil contains a petroleum distillate which can cause severe respiratory distress when ingested.
Mothballs & Mini-Marshmallows – Place a few mothballs on a table next to a few mini marshmallows and you will see how similar they look. Once again, you cannot rely on the strong scent of the mothballs to be a deterrent.

Pine cleaner & Apple Juice – If you hold these two containers side by side you’ll see that the liquids are almost identical in color and consistency. Pine cleaners can be deadly.

Red decongestant or cold preparation & Red Hot Cake Decorations – If you place a few of each in a sandwich bag and ask a child if it’s candy, they will most likely say yes. These two products are very similar. Many adults cannot tell the difference. It’s important to store products in their original containers. Don’t carry medicine in your purse or pocket in a plastic bag.

Dishwashing Liquid & Lemon Juice (both with lemons on the label) – Many adults, as well as children cannot read. They use pictures as a guide to what is in a container. Be aware of products like these.

Blue Windshield Washer Fluid & Blue Punch/Kool Aid – These two products are not only similar in color but are also both sweet tasting. Blue windshield washer fluid is one of the most toxic substances to ingest. As a safeguard, all garage items should be stored on a high shelf (about 4-1/2 - 5 feet off the ground) and never in old food containers.

We are always looking for new “look-alike matches”. If you should find a matching set call our education line at 315-464-5375 to let us know!
LESSON PLANS

The following lesson plans have been designed for use with your students or other groups to teach an age/level appropriate message related to poisoning and poison prevention.

Please review the lessons carefully and choose the one you feel is most appropriate for your audience. You may choose to use more than one lesson!

Following each lesson you will find an activity sheet designed to coordinate with that lesson. However, many of the activities could stand alone or be used in conjunction with one of the other lessons. So, feel free to pick and choose, as you know your participants best.
TARGET AUDIENCE: PRE-SCHOOL

Objectives:
At the end of the lesson participants will be able to:
1. Associate the word “Poison” with the word “Stop!”
2. Convey that they should not touch poisons

Teaching Tools:
1. DVD/VHS: STOP! Ask First!
2. Activity Sheet “X Marks the POISON!”
3. Poison Center brochures, telephone stickers/magnets

Lesson:
- Tell the children they are going to watch a DVD about “poisons”.
- Ask if anyone knows what a poison is?
- Explain after responses that “a poison is something that can hurt you and you should never touch a poison”.
- Watch the video to further develop the idea of a poison.
- List with the children the 4 poisons mentioned in the DVD (plant, cleaner, vitamin and paint). “Each of them could harm you if you ate or drank them”.
- Ask if they can name other poisons in their homes. Add them to your list.
- Play the song again for the students.
- Ask “What did Mellie and Zipper tell you to do in their song?” (ANS: Stop! Ask First) Play the song again if they cannot answer.
- Ask the students what they should do when they see a poison or something that could be a poison?
- Ask them what could happen to them if they did touch poison?
- Ask them, what they will do when they see something that could be a poison?

Activity:
1. Play the song again, acting out the motions as in the video and ask the children to sing along.
2. Provide the activity sheet “X Marks the POISON!” for students.
3. Hand out brochures and stickers for students to take home.

Reinforcement:
1. Make a bulletin board or felt board using the title “STOP! Ask First”.
2. Under the title place several pictures of items discussed during the lesson that were identified as “poisons” that you have cut from magazine, coloring books or made from felt, reminding students to “STOP! Ask First” when they see something that may be poisonous.
X MARKS THE POISON
FIND THE POISONS.
PUT AN “X” ON EACH POISON TO SAY
“STOP! ASK FIRST!”

[Images of various items marked as poisons]

Upstate New York Poison Center
1-800-222-1222
www.upstatepoison.org
TARGET AUDIENCE: KINDERGARTEN

Objectives:
At the end of the lesson participants will be able to:

1. Identify as a class items that could be poisons
2. Point out 3 items that could be poisonous
3. Sing along with the “STOP! Ask First!” Song, as a preventive message

Teaching Tools:
1. DVD/VHS: STOP! Ask First!
2. Look-Alike Kit, Items or Flipchart
3. Poison Center brochures, telephone stickers/magnets
4. Activity Sheet, “STOP or GO!”

Lesson
- Tell students that in watching the video they will learn about the word “poison” and also why it is so important to “Stop, Ask First!” when it comes to a poison.
- Watch the video. Explain that poisons can harm you so you should never eat or drink something unless you ask an adult first. Poisons are things you should stay away from and you should always “STOP! Ask First!”
- Ask the class to name the items from the video that could be “poisons” (plant, cleaner, paint, vitamins). If they cannot, review the video again, fast-forwarding as appropriate till you have the 4 named.
- Select a few Look-Alike sets. Provide the name of each item in the set and ask them to identify the “poison” in the set, (e.g. chocolate & medicine, which is ok to eat and which could be a poison if you don’t STOP! and ask first).
- Ask them, if they were to see something in their home they thought might be a poison, or didn’t know if it is was, what should they do? (STOP! Ask First!)

Activity: A.

1. First, place pictures of equal numbers of poisonous products and food products you have cut from magazines or coloring books in a box. (Mounted on construction paper works best.)
2. Select two students. Give one person a sign to hold, that says, “STOP” and the other one, one that says, “GO”. Be certain all students understand the meaning of the words.
3. Explain that each person will select a picture from the mystery box (you could cover box with question marks for added drama and fun).
4. Allow each student to select an item. Looking at the picture he/she must decide. If the picture is of a poison, he/she should always, ”STOP! Ask First!” and therefore should go and stand behind the “STOP” sign.
5. If it is a picture of food, something they can eat for a snack, he/she should stand behind the “GO” sign.
6. When everyone is in line, each person will step out of line with the selected picture and explain why he/she decided to stand behind the sign chosen. The class will decide whether or not, that person made the right choice.
7. If correct, the person gets a Poison Center sticker to wear. If no, ask the student to rethink the decision. Once each understands and moves to the correct line, give him/her a sticker too.
Activity B.
- Work with class on the Activity Sheet “STOP or GO!” (Page 23)

Reinforcement:
1. Make a bulletin board divided in two by a line.
2. Mark one side “STOP! Ask First!” and other “GO”. Post the pictures of items from the mystery box that are poisonous and food products anywhere on the board.
3. Ask the children in their free time to place the items in the column where they belong.
4. Review with them as a class to be sure they all understand the correct choices.
STOP OR GO!

With the teacher, students decide whether they would STOP! ASK First if they saw this item OR GO because it is something they can touch (and eat!) Students should use a red crayon to mark an “S” for STOP or use a green crayon to mark “G” for GO on the item to show their decision.

![Image of items with labels for STOP and GO]
TARGET AUDIENCE: FIRST GRADE

Objectives:
At the end of the lesson participants will be able to:
1. Verbally agree that a poison is something that can hurt you or make you sick
2. Identify with the class items that could be poisons
3. Convey that it is important to STOP and ask first if you don’t know if something is poisonous

Teaching Tools:
1. DVD/VHS: *STOP! Ask First!*
2. Look Alikes Display OR Look Alikes Flipchart
3. Activity Sheet “Capture the Poisons”
4. Brochures, telephone stickers/magnets

Lesson:
- Discuss with the class the meaning of “Stop!”
- Briefly demonstrate the word to be sure all students understand the concept. (e.g. start and then stop raising a hand in the air, start and then stop talking).
- Ask students “what is a poison”? After hearing responses, introduce the term “poison” as “…something you eat or drink that can hurt you or make you sick”.
- Hold up items from the Look-Alike Display or Flipchart and ask which item from a pair can be eaten/drank, reinforcing correct responses and correcting inaccurate answers by asking the group and coming to consensus (or if that fails, teacher will correctly identify). It is important that the class knows why an answer is correct or not, by the teacher’s explanation. Throughout the exercise, after identifying the poison ask “…so what word did we review in this lesson that would tell us what to do if you were headed toward this poison?” Students should respond, “Stop!”
- Teacher will then ask students to name other products in and around their homes that can be “poisonous”, correcting inaccurate responses and reinforcing correct ones.
- Inform students that they will now watch a video of the Toon Family in “*STOP! Ask First!*” During the video the Toon children will learn about poison safety…and so will you!”
- Review the video. Ask the children to identify poisonous items found in the video (plant, vitamins, floor cleaner, paint) pointing out that these are good examples but that there are MANY more in homes, which is why it is so important to “*STOP! Ask First!*”

Activity:
1. Hand out brochures, telephone stickers and/or magnets. Explain the information is to be taken home to mom or dad.
2. Provide the “Capture the Poisons”.
3. Replay the song, “*STOP! Ask First!*” for the students to sing along.

Reinforcement:
Design a bulletin board with the class. Explain that the topic will be “POISONS!” *STOP! Ask First!*
1. Children are to find 3 pictures of poisons using:
   - Magazine cut-outs
   - Drawings they have created and cut to shape with labels to identify the poison
   - Printed graphics from website cut into the shape of the item
2. Place pictures on the billboard, under the word “Poisons, *STOP! Ask First!*”
3. Once composed, review the detail with the students, asking children to explain their choices and which pictures *STOP! Ask First!*
CAPTURE THE POISONS

Help capture the POISONS on this page. Draw a line from the net to the poison. Then draw a circle around all the poisons, to catch them in your net. THEN, STAY AWAY FROM POISONS.
TARGET AUDIENCE: GRADE TWO

Objectives:
At the end of the lesson participants will be able to:
1. Effectively communicate that a poison is something that causes harm to the body
2. Identify 3 items that could be poisonous
3. Identify the Poison Center as the resource to call in a Poison Emergency

Teaching Tools:
1. DVD/VHS: STOP! Ask First!
2. Brochures, telephone stickers/magnets
3. POISON Word Search Activity Sheet

Lesson:
- Explain that the class will watch a video about “poisons”
- Ask class to give examples of “poisons” while teacher composes list of responses
- Ask what would happen to you if you ate/drank/sprayed in your eyes some of the items listed (as appropriate to item)? “Yes, it could hurt you.”
- Responses will lead the class to agree on a definition of poison as:
  “A poison is something harmful to your body and could even cause death.”
- Watch the video STOP! Ask First!
- Ask the children to name the poisons identified in the video.
- Ask what the song in the video said to do if you don’t know if something is a poison or not (STOP! Ask First!). Replay song if necessary.
- Review written list of items as a class and decide which are/aren’t a poison and why/not, using the definition formed (listed above) on which to base the decision, circling all the poisons.
- Ask if they should see any of the circled items in their homes what should THEY DO? (STOP! Ask First!)
- Explain that just in case someone did get into a poison by mistake, there is a place to call, with a Poison Emergency at 1-800-222-1222. People who answer the phone at the Poison Center will help with a possible poisoning.
- Hand out brochures and stickers for children to take home to their families so they can post the number on or near their phones. Point out that the phone number is for the Poison Center.
- Conclude with the reinforcement that just as in the video, the BEST thing they can do is if YOU don’t know if something is poisonous or not, STOP! Ask First!

Activity:
1. Hand out the brochures, stickers or magnets for students to take home.
2. Provide the POISON Word Search Activity Sheet

Reinforcement:
Bring in one small plastic pail. Mark it with the word “Poison”.
1. Bring in some food products (canned product, fruit, empty milk and/or juice carton, etc.)
2. Bring some empty “poison” containers that are labeled, such as “soap”, nail polish remover, shampoo, medicine (both over the counter and prescription, etc.).
3. Make an answer sheet, a checklist of the products you brought. Mark the “Poisons” in the list with an “X”, so children will be able to check their choices.
4. As a game available for free time, instruct the children to place all the empty “poisons” in the plastic pail. If playing alone, they can check the list. If with a friend, direct them to both agree on the placement of all the products and then they can check the “Poison” list to be sure of their answers. If correct, they get a Poison Center sticker to wear for the day.
Poison Word Search
Find and circle all of the POISON related words as listed, in the puzzle below.
Letters CAN be used for two different words. Words can be made in any direction.

<table>
<thead>
<tr>
<th>P</th>
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<th>S</th>
<th>O</th>
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<th>Q</th>
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<td>M</td>
<td>E</td>
<td>N</td>
<td>O</td>
<td>N</td>
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</table>

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Poisons</th>
<th>Prescription</th>
<th>Stop</th>
<th>Lead</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Safety</td>
<td>Prevent</td>
<td>Read Labels</td>
<td>Pesticide</td>
</tr>
<tr>
<td>Ask First Cleaner Plant Perfume Paint</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aftershave Alcohol Close Lock Bleach</td>
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</table>
“POISON PATROL” – TARGET AUDIENCE: GRADE 2 AND UP

Objective:
At the end of the lesson participants will be able to:
1. Identify the meaning of the word “poison.”
2. Common poisons and where they are found in the house or yard.
3. When asked, participants will select the correct answer to the question, “Where should poisons be kept?”

Teaching Tools:
1. DVD/VHS: STOP! Ask First!
2. Activity Sheets: Poison Patrol Badge & Word Search; Poisons in the Home
3. Look Alike Display Kit or flipchart

Lesson:
- View video with students.
- Look-Alike Kit or flipchart (using detailed explanation starting on Page 12) demonstrating common household poisons.
- Explain to students that foods and cleaning products should be stored in separate places and that cleaning products and medicines should be stored out of reach or locked in a cabinet.
- Have students complete the “Poisons in the Home” activity sheet. Explain to them that they can take this checklist home and help their parents poison-proof their own house. To poison-proof a house they need to look for poisonous products, such as those listed on the activity sheet, and where they are found in the house. Poisons should be stored out of reach or locked in a cabinet. Cleaning products should not be under the sink unless locked; medicines and vitamins should not be in an unlocked medicine cabinet or left on the counter or sink.

Activity:
- Role playing: Someone can be Mom or Dad, someone else can act as the “Poison Patrol” and can explain to them how to poison-proof the house using the checklist.
- When students have successfully completed the above they have earned a Poison Patrol badge to decorate and wear.

Reinforcement:
Hand out one of the Word Search Puzzles.
Below is a list of poisonous products that are found in most houses. Put the number of the room in which you would find each poisonous product on the line in front of it.

- laundry detergent
- windshield washer fluid
- perfume, cologne, aftershave
- mothballs
- mouthwash
- antifreeze
- nail polish & remover
- alcoholic beverages
- medicine
- cigarettes
- deodorant
- powder

- furniture polish
- bleach
- gasoline
- cosmetics
- rubbing alcohol
- shampoo
- flowers
- vitamins
- motor oil
- plants
- fertilizer
- glue

Now that you have found the poison dangers...lock them up!
TARGET AUDIENCE: BABYSITTERS

Objectives:
At the end of the lesson participants will be able to:
1. Identify 3 items in the home that could be poisonous & where they are stored
2. State 3 ways to prevent a poisoning
3. Develop a plan of action if a poisoning should occur while babysitting
4. Identify the Poison Center as the resource to call in a poison emergency or for poison prevention information

Teaching Tools:
1. DVD/VHS: Poison Control in Action
2. Brochures, telephone stickers/magnets (enough for babysitter and for the babysitter to give to the family)
3. Toon Family Word Scramble

Lesson:
• Explain that the class will watch a video about the Poison Control Center
• Ask class to give examples of “poisons” and where they might be stored while teacher composes a list of all the responses
• Watch the video
• After watching the video, ask what they would do if a child in his/her care ate/drank/sprayed in his/her eyes some of the items listed prior to watching the video (as appropriate to item)?
• Responses will lead to a review of the definition of poison:
  “A poison is something harmful to your body and could even cause death.”
• Ask the students if they want to name more poisons after watching the video.
• For review, ask them where they would call in a Poison Emergency or even if they thought a poisoning took place?
• Clarify the role of the Poison Center. Medical professionals will confirm if the call is a poisoning, or not, and what to do, if it is.
• Hand out brochures and stickers for babysitters to take home to their families and to the family they sit for to post the number on or near the phones.

Activity:
• Hand out the brochures, stickers or magnets for students to take home.
• Provide the POISON Word Search Activity Sheet

Reinforcement:
• Ask the students to work in groups to develop an action plan explaining step by step in words or drawing what they would do if a child in their care got into something they thought was a poison. Review a few as a group.
• Ask for 3 sets of 2 volunteers to act as a baby sitter, and a child who got into something that might be poisonous. The sets have to tell us in their skits
• What was the item of concern?
• How did the child look when found (any symptoms?)
• Any questions asked of the child?
• What was done when it was discovered what was taken?
Poison Word Scramble
Unscramble the poison words listed below.

1. EMCINIED _ _ _ _ _ _ _ 
2. FATEYS OTPS _ _ _ _ _ _ _ _ 
3. UFMPREE _ _ _ _ _ _ _ _ 
4. LBAHEC _ _ _ _ _ _ 
5. ALCRENE _ _ _ _ _ _ _ _ 
6. NVPTONIERE _ _ _ _ _ _ _ _ _ _ _ 
7. SPICEDETI _ _ _ _ _ _ _ _ _ _ _ 
8. DLAE _ _ _ _ 
9. CMTOSECIS _ _ _ _ _ _ _ _ _ _ _ 
10. COLHOAL _ _ _ _ _ _ _ _ _ _ _ 
11. DRAE BALELS _ _ _ _ _ _ _ _ _ _ _ 
12. KLCO _ _ _ _ 
13. NTLPA _ _ _ _ _ _ _ _ _ _ _ 

Upstate New York Poison Center
Toon Family
Poison Word Scramble
Unscramble the poison words listed below.

1. MEDICINE; 2. SAFETY TOPS; 3. PERFUME; 4. BLEACH; 5. CLEANER; 6. PREVENTION; 7. PESTICIDE; 8. LEAD; 9. COSMETICS; 10. ALCOHOL; 11. READ LABELS; 12. LOCK; 13. PLANT

1. MEDICINE; 2. SAFETY TOPS; 3. PERFUME; 4. BLEACH; 5. CLEANER; 6. PREVENTION; 7. PESTICIDE; 8. LEAD; 9. COSMETICS; 10. ALCOHOL; 11. READ LABELS; 12. LOCK; 13. PLANT
Objectives:
At the end of the lesson participants will be able to:
1. Name the four forms of poisons, where they can be found and how they can enter the body
2. Name four routes of poisoning
3. Identify the Poison Center as the resource for poison emergency or question

Teaching Tools:
1. DVD/VHS: Poison Control in Action
2. Activity sheet: Poisons in the Home
3. Look Alike Display Kit or flipchart (as samples of forms and routes of poisonings)
4. Brochures and telephone stickers.

Lessons:
- **Show Forms of Poisons:**
  - Solids – includes powders, granules (like sugar), plants, flowers, berries, mushrooms, medicines
  - Liquids – all colors and thicknesses (watery, syrupy, pasty) and in many types of containers
  - Sprays – aerosol cans such as hair spray, furniture polish
  - Gases – such as fumes from a car’s muffler or a fire

- **Routes of Poisonings:**
  - Ingestion – through the mouth; orally
  - Inhalation – through the nose
  - Dermal – on the skin
  - Ocular – in the eye
  - Parenteral – into the bloodstream or a muscle, under the skin – sting or bite. Poisons can also enter through several routes at once.

- Demonstrate the Look Alike Kit or flipchart (using detailed explanation of Look Alikes starting on page 12).
- An alternative way to show the Look Alike Kit is to show the participants one poisonous product at a time and ask them what form the poison is and which way it would most likely enter the body.
- Give the participants a checklist of poisons to look out for in their house and where they are most commonly found. (See “Poisons in the Home” activity sheet.)
ACTIVITY SHEETS

The following activity sheets are for use with your students. Some activity sheets are identified in the lesson you select, others are “bonus” activity sheets. Choose the activity sheet(s) at the level that you feel is most suited to your students.

The purpose in using activity sheets is to reinforce the poison prevention lesson taught. There are any number of additional activities such as skits, finger puppets, creative writing, educational games, mobiles, posters, etc., that can be used, so use your imagination!

Be sure to make copies of the Poison Safety Ranger certificate and badge to distribute to your students after they complete the lesson!
ASK FIRST
MELLE AND ZIPPER SAY, "STAY AWAY FROM POISONS!"

Color by Number!
1: light purple
2: pink
3: yellow
4: orange
5: white
6: turquoise
7: green
8: purple
9: blue
POISON MAZE #1
Help Mellie and Zipper find their way home, and keep them safe from poisons on the way!
Find the words listed below hidden in the puzzle. Circle the words when you find them. Keep poisons locked up!

Q Y G H P E S T I C I D E S I C
U E A W N R J O R P N J C F H P
E Q B S T C U D O R P O W E M O
S T D F S C A I T R S G M X E I
T X G I Y I V C V M K I W H D S
I B A P P H S W E T C J D S I O
O G N L O Y F T M A V P A N C N
N T E X F I I U L G R H N R I C
S H L D N C S W U I M O G K N O
F H C Y S H K O D P E W E U E N
T R I E R S R P N T R I R T S T
R P U O T O G D R S H U O C O R
I Z O G I G I S P X W J U V K O
I M C Z A R F N U P G F S W F L
E M E R G E N C Y F L R D Y V C
D A T I R G U H X E S A C S I E
R K B L E A C H J U J F N N Q N
E U N W B E O G D L E N X T H T
S N L O O K A L I K E E W W M S E
B I L L I E S L L A B H T O M R

BILLIE
PLANTS
DANGEROUS
EMERGENCY
POISON CONTROL CENTER
BLEACH
PRODUCTS
COSMETICS
MUSHROOM
MEDICINES
MOTHBALLS
QUESTIONS
PESTICIDES
POISON ASSIST
LOOKALIKE

www.upstatepoison.org

1-800-222-1222
Poisonous

Using only vowels (a,e,i,o,u), fill in the blanks to form “POISONS”. Remember, good products become “bad” if you do not follow label directions.

m__d__c__n__
pl__nts
_c__sm__t__cs
m____thw__sh
v_t_m__ns
_y_d__ps
Fill in the blanks using words from the word bank.

1. _____ call medicine candy.
2. _____ ask before taking vitamins.
3. _____ away from poisons.
4. _____ can also make well people sick.
5. Do not _____ or _____ chemicals.
6. _____ can be poisonous to you and your pet.
7. Most poisonings are _____, they can be _____.
8. _____ the phone number of the poison center near your phone.

Word Bank

stay
prevented
medicines
keep
eat
always
touch
unintentional
plants
never

Upstate New York Poison Center
1-800-222-1222
www.upstatepoison.org
After you have completed your poison prevention lesson, you earn a POISON SAFETY RANGER BADGE! Cut out the badge below. Fill in your name and decorate as you wish. Then ask your teacher to safely attach your badge so your friends and family will know you are an official Poison Safety Ranger.
Listed below are general safety tips to prevent poisonings at your home. When you think you know how to prevent poisonings in your home, take the POISON SAFETY QUIZ which follows. You may need to ask an adult for help. When you have checked all the boxes, you are qualified to complete the Poison Safety Patrol Certificate, following the QUIZ.

DO
- Always have the Poison Center number available.
- Know how to reach parents at all times.
- Be sure all poisons are locked up or out of reach.
- Call the Poison Center anytime with poison prevention questions, too! The Poison Center is ready to help with information and extra telephone stickers.

DON’T
- Don’t leave a child unattended for even a minute.
- Don’t panic! If you have a poison emergency, help is a phone call away.
- Don’t give any antidote until you call the Poison Center.

WHAT IF A POISONING OCCURS?
- Try to remain calm.
- Take the child and the product to the telephone.
- Call the Poison Center immediately.
Mellie and Zipper recommend:

**POISON SAFETY FOR YOUR HOME**

Did you know that “good” products used the wrong way can be poisonous?

STOP! ASK FIRST!

**STEP 1**

Listed below are some poisonous items you might find in your home. In which room would you find each of these? Mark the room number on the line next to each item.

<table>
<thead>
<tr>
<th>Item</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamins</td>
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<tr>
<td>Dish Soap</td>
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<tr>
<td>Mouse Bait</td>
<td></td>
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<tr>
<td>Mothballs</td>
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<td>Ant Traps</td>
<td></td>
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<td>Toothpaste</td>
<td></td>
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<td>Peroxide</td>
<td></td>
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<tr>
<td>Oven Cleaner</td>
<td></td>
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<tr>
<td>Pesticides</td>
<td></td>
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<tr>
<td>Laundry Soap</td>
<td></td>
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<tr>
<td>Windshield Washer Fluid</td>
<td></td>
</tr>
<tr>
<td>Perfume, Cologne, Aftershave</td>
<td></td>
</tr>
<tr>
<td>Shampoo</td>
<td></td>
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<tr>
<td>Antifreeze</td>
<td></td>
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<tr>
<td>Nail Polish and Remover</td>
<td></td>
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<tr>
<td>Alcoholic Beverages</td>
<td></td>
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<tr>
<td>Medicine</td>
<td></td>
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<tr>
<td>Cigarettes</td>
<td></td>
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<tr>
<td>Deodorant Powder</td>
<td></td>
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<tr>
<td>Furniture Polish</td>
<td></td>
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<tr>
<td>Bleach</td>
<td></td>
</tr>
<tr>
<td>Cosmetics</td>
<td></td>
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<tr>
<td>Rubbing Alcohol</td>
<td></td>
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<tr>
<td>Motor Oil</td>
<td></td>
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<tr>
<td>Plants</td>
<td></td>
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<tr>
<td>Fertilizer</td>
<td></td>
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<tr>
<td>Glue</td>
<td></td>
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</tbody>
</table>

**STEP 2**

Now that you have found the poisons in your home, be poison safe!

**Check the box below when you can say the statement is true.**

**In my house, we:**

- Put all poisons out of reach
- Use safety tops
- Make sure all tops are tightly closed
- Use safety locks
- Make sure all products are in their original containers
- Know where to find the phone number of the Poison Center
Upstate New York Regional Poison Control Center

Poison Safety Ranger

(Your name)

has shown exceptional achievement in poison prevention awareness.

Date

www.upstatepoison.org
Name: ____________________________________________

Organization: ____________________________________________

Address: ____________________________________________

County: __________________________ Number of Participants: __________

Phone Number: __________________________ Age Range/Grade of Participants: __________

Our goal is to:
1. Increase awareness of the Poison Center
2. Provide steps to promote poison safety
3. Familiarize you with the Poison Center phone number

How Would You Rate the Program?

OVERALL
☐ Very Helpful      ☐ Somewhat Helpful      ☐ Not Helpful

TEACHING POISON PREVENTION PROGRAM — TEACHER’S MANUAL
☐ Very Helpful      ☐ Somewhat Helpful      ☐ Not Helpful

AUDIO-VISUAL MATERIALS; Name of AV material used: __________________________

☐ Very Helpful      ☐ Somewhat Helpful      ☐ Not Helpful

LOOK-ALIKE DISPLAY KIT — Check one from each row:
☐ Very Helpful      ☐ Somewhat Helpful      ☐ Not Helpful
☐ Borrowed Kit      ☐ Made our own kit      ☐ Didn’t use kit

LOOK-ALIKE Flipchart — Check one from each row:
☐ Very Helpful      ☐ Somewhat Helpful      ☐ Not Helpful
☐ Borrowed Flipchart ☐ Purchased flipchart ☐ Didn’t use flipchart

Brochure
☐ Very Helpful      ☐ Somewhat Helpful      ☐ Not Helpful

Comments: ____________________________________________

Thank you for taking the time to complete this evaluation. Your comments are appreciated. Please return to:

Education Coordinator, Poison Center,
University Hospital, 750 E. Adams St., Syracuse, NY 13210
OR Fax to 315.464.7077 OR complete online at www.upstatepoison.org