



National Poison Prevention Week March 17th-23rd, 2013 Here's Our Number - Call Us Anytime

The number to your poison center is 1-800-222-1222. This number should be programmed into and located near every phone in the United States.

The fastest growing drug problem in the United States is the abuse of prescription medications. It is estimated that 30,000 Americans will die from prescription drug abuse and overdoses this year. Poisonings are the leading cause of unintentional home injury deaths for those ages 15 to 59, largely resulting from unintentional drug overdoses of prescription medications.

Most people take prescription medications responsibly; however there has been a steady increase in the non-medical use of prescription drugs. The most commonly abused medications are the class of drugs known as prescription painkillers, which include drugs such as hydrocodone, oxycodone and methadone.

Where are all these drugs coming from? More than three out of four people who misuse prescription painkillers use drugs prescribed to someone else.

The Poison Center offers these tips on medications:

- Understand why you are taking each medication. Keep a current list of your medications.
- Read each label carefully and follow the directions. Do not double your medications.
- If you are a parent educate yourself first about prescription drug abuse and then talk to your children.
- Talk to grandparents about what is in their medication cabinet.
- Store medications in a safe and secure location.
- Be more aware of your medications – they need to be monitored.
- Keep medications in their original containers.
- Never take a prescription medication that was not prescribed for you. They should never be shared.
- Dispose of old or unused medications that are no longer needed. They should never be flushed.
- April 27, 2013 is the DEA Drug Take Back Day. The Poison Center can help you find the closest location for convenient drop-off.
- Call the Poison Center (1-800-222-1222) if you took too much medication. The nurses will provide immediate treatment advice.

Poison Control Centers are effective and economical because more than 70 percent of cases are resolved over the telephone without requiring hospital services. This avoids unnecessary emergency department visits, ambulance use, hospital admissions and treatment delays. Contact the poison center if you have any questions.