

Poison Prevention

Medicine can become harmful to young kids when taken without following the proper instructions or when ingested without supervision. Make sure to keep medicine tightly closed after each use, and out of reach and out of sight of children. Do not leave any medicine on counters, backpacks or purses, or any other places children may have easy access to. When giving medicine, make sure to use the dosing device that it comes with. Do not use a kitchen spoon as the amount can be different from the dosing device.

For older students that may be taking medications on their own, make sure to teach them how to read the labels and assure they understand that medications may have different names, but the same active ingredient and should not be taken together.

If someone you know has ingested medicine without your supervision or has taken more than the required amount, please call the poison help number at 800.222.1222. We suggest adding this number to your phone to have in case of an emergency.

Electronic Cigarettes

More and more people are using electronic cigarettes and these products are dangerous as the liquid nicotine can cause nicotine poisoning not only from inhalation, but from the substance touching the skin surface or by being swallowed by children or pets. These type of cigarettes are more dangerous to youth and often more appealing as they come in many different flavors including fruits, candy, and tasty flavors. Electronic cigarettes are often stored in purses, bags, and other places that are within the reach of children or are left out to charge on counters or tables, again placing them within reach of kids.

Nicotine can cause harm to a child's health and less than one teaspoon of nicotine is enough to kill a young child. To keep young kids safe, make sure to store your electronic cigarettes and liquid nicotine out of their sight and reach. Pay attention to guests/babysitters that might have electronic cigarettes in their purses or backpacks. If a child or an adult gets liquid nicotine on an exposed body part, make sure to wash it immediately and call 911 or the poison control line (number above) in case a child is exposed to liquid nicotine.



Saved By the Belt Award

North Dakota has a **Saved By the Belt Award** that is given out by the Vision Zero team to recognize those folks that have survived a crash because they were belted. Nominations for this award is usually done by law enforcement officers, but if you are aware of someone that fits this category and would be a good candidate, please reach out to our Safe Kids team or your local law enforcement agency. These awards are a great way to showcase the importance of safety restraint use and encourage others to buckle up!!



Altru Health System is proud to serve as the lead agency for Safe Kids Grand Forks.

For more information on this and other childhood injury prevention topics, visit safekidsgrf.com, call us at 701.780.1489 or email safekids@altru.org.

This information is brought to you by Safe Kids Grand Forks & our partners at ND Vision Zero

