

Health Officials Recommend Ways To "Poison-Proof" Home

"Each year, thousands of children and adults are poisoned and some even killed by a wide variety of patent and prescription medicines, cleaning agents and other products found in the household," Dr. Richard J. Potter, Acting Secretary of Health, warned this week.

"To emphasize the State Health Department's continuing effort to educate the public to the dangers of common toxic substances, March 16 to 22 has been designated 'Poisoning Prevention Week' in the Commonwealth," he stated.

Seemingly innocuous aspirin tablets, particularly baby or

children's aspirin, are the commonest source of child poisonings, according to the Secretary.

"Accidental ingestion of over dose of aspirin and other analgesics was the cause of 825 cases of emergency medical treatment of children under five years of age in Pennsylvania during 1967," Dr. Potter reported.

According to Health Department statistics, other commonly used medicines such as tranquilizers, barbiturates, cough syrup, laxatives, vitamins, cold tablets and prescription medicines for cardiac and other patients are the source of thou-

sands of other poisoning cases among young and old alike.

"Small children, of course, are far more susceptible to tragedy from poisons because of their inability to distinguish what is and what is not good to put into their mouths," Dr. Potter pointed out. "Also, in many cases, children watch their parents taking medicine and want to imitate the act."

Many household products such as bleaches, soaps, detergents, disinfectants, mothballs, deodorants and perfumes are often within reach of toddlers, the Secretary warned.

He said that items that might be found in the garage or cellar such as turpentine, lye, gasoline, insecticides, pesticides and weed killer are often stored casually in bottles or other containers

that children associate with soft drinks.

To "poison proof" your home, Health Department officials recommend these ten safe guards:

1. Keep household products and medicines out of children's sight and reach. Even if you must leave the room for only a moment, remove the container to a safe spot.

2. Store medicines separately from other household products and keep these items in their original containers — never in cups or soft drink bottles.

3. Do not induce children to take medicine by referring to it as "candy." Let them know that medication is used only to help them get well.

4. Since children tend to imitate adults — avoid taking medications in their presence.

5. Be sure that all products are properly labeled and read the label before using.

6. Always turn the light on when giving or taking medicine.

7. Clean out your medicine cabinet periodically. Get rid of old medicines by flushing them down the drain, rinsing the container in water, and then discarding it.

8. Don't let children play where they may be exposed to toxic growing substances such as toadstools or berries.

9. Know what products or medicines in your home are toxic if ingested or harmful when taken in overdose.

10. Know antidotes for common poisons and your nearest source of medical aid in case of poisoning.

Snacks For Children

Snacks in themselves are not bad, but the kinds of foods children choose may be, reminds Mrs. Rutalee Carroll, Penn State extension foods and nutrition specialist. Snacks should provide part of the nutritional needs of the day and are best planned for midmorning or midafternoon and not just before a meal.

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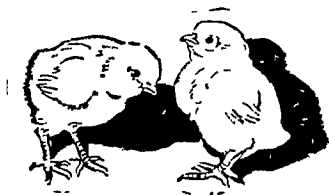
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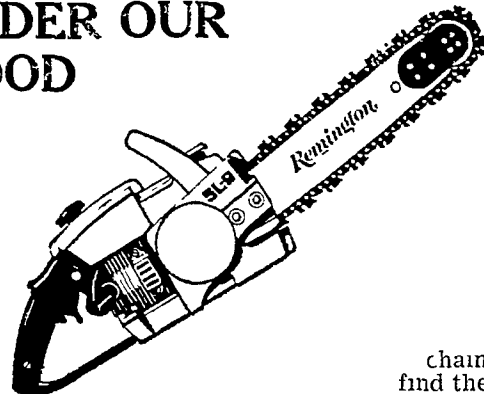


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