

NCWVCAA Health July Newsletter

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Each year, more than 2 million people, in which about half of them under age 6, swallow or have contact with a poisonous substance. The American Academy of Pediatrics (AAP) has some important tips to prevent and to treat exposures to poison.

How to Prevent Poisoning in Your Home:

Most poisonings occur when parents or caregivers are home but not paying close attention. Some of the most dangerous potential poisons are medications, cleaning products, pesticides, antifreeze, furniture polish, wiper fluid and gasoline. Be extra vigilant during changes in routines such as around holidays when staying in other family's homes or they are staying in yours with additional items that may be accessible to your children.

1. Store medication, cleaning products, and pesticides in a locked cabinet not accessible to children.
2. Using safety latches is a great way to keep things not accessible, but keep in mind these malfunction and wear overtime. So remember... out of sight, out of reach, out of mind.
3. Purchase and keep all medications in containers with safety caps. Discard any unused medications properly. Contact local pharmacy for guidance.

Topics Discussed

- Poison Prevention & Treatment
- Health Literacy: A Key To Using and Understanding Health Information
- Healthy Breathing at Home
- Allergy Causes in Children: What Parents Can Do

4. Check labels for age and weight for proper dosage for children and clarify with a doctor if you have questions before administering the medication.
5. If you use e-cigarettes, please keep liquid nicotine out of reach of children and only buy refills with a package that is child resistant.
6. Never place poisonous products in food or drink containers, such as car oil in a Tupperware container.
7. Keep coal, wood, and kerosene stoves in safe working order.
8. Maintain working smoke and carbon monoxide detectors.

Treatment:

If your child becomes unconscious, not breathing, or having seizures, contact **911**.

If your child comes in contact with a poison and has mild or no symptoms, contact **Poison Control Hotline at 1-800-222-1222**.

For more information about protecting your family from poisons visit:

www.HealthyChildren.org



dreamstime.com

Health Literacy: Understanding What Your Doctor Tells You...

Health Literacy is how well you understand health information and make good choices about health and medical care. Many people find it hard to understand this information they need to take care of themselves and their families.

When parents and caregivers understand health information and how to use it, children are more likely to:

- ✓ Miss fewer days of school.
- ✓ Make fewer trips to the pediatrician or emergency clinic.
- ✓ Live healthier lives.
- ✓ Get preventative flu shots and other vital vaccinations.
- ✓ Have a safe home where fewer accidents occur.

So...

- ✓ Talk to your doctor, ask questions, and take medications when prescribed.
- ✓ Make healthy choices for you and your family and ask for help if you do not understand information that was provided to you.
- ✓ Ask you Head Start or Early Head Start program on health information that concerns you and your family.

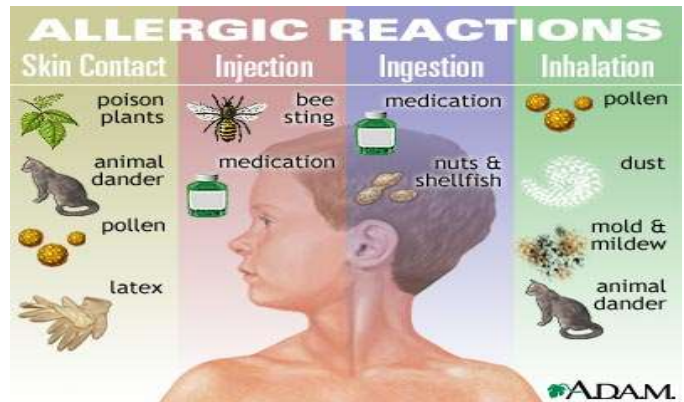


Help Prevent Asthma: Keep Your Home Smoke Free

It is important to keep places where children are smoke free at all times. Second-hand and Third-hand smoke can trigger asthma and chemicals in E-cigarettes or Vapes contain chemicals that are not harmless to children. Asthma is a condition that causes the airways to swell and narrow. It causes chest pain, tiredness, wheezing and coughing. Remember these things to do to help your child.

- Smoke-free or vape free environments.

- Secondhand smoke is not safe and can cause infections.
- Secondhand smoke is even more dangerous to a growing child.
- Children are in the hospital more for asthmatic issues than any other medical concern.
- Children miss more days of school due to asthma than children without asthma.
- Thirdhand smoke (which lingers in air or on clothing) can trigger attacks for days or weeks after the environment was exposed.



Allergies and the symptoms

There are a variety of ways children come in contact with allergens and a variety of symptoms that accompany them. Some are mild and some are very dangerous. Allergies tend to run in families, so be aware that if a parent is allergic to something, the child has a higher risk of being allergic as well. Talk to your child's doctor if you suspect an allergy. It can save their life.

Anaphylaxis can be triggered by food, medication, insect stings, latex and others. It causes breathing issues, poor circulation, skin and stomach concerns.

Asthma is triggered by smoke, pollen, dust, animal fur and others. It causes coughing, wheezing, and trouble breathing.

Dermatitis is triggered when the skin is in contact with some plants, soaps, detergents, lotions, cosmetics, or medications. The skin looks patchy, itchy and red. It may blister if it has had direct contact with a certain product.

Food allergies can be triggered by any foods, but common items are peanuts, eggs, milk, fish, wheat, soy, and shellfish. The symptoms could be very minor such as a small rash around the mouth to full anaphylactic shock.

