PoisonPreventionPress

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MPC Celebrates its 50th Anniversary in 2022

The Maryland Poison Center is certified by the American Association of Poison Control Centers (AAPCC) as a regional poison center and has provided poisoning treatment advice, education, and prevention services to Marylanders since 1972.

Keep up-to-date with the 50th news and celebrations by visiting eAntidote regularly, subscribing to this e-newsletter, and following us on Facebook, Twitter, and YouTube.

Text "POISON" to 797979 to save and share the Poison Center contact card.

Did you know that…

- You can use the tag feature on the right side of the eAntidote homepage to find past posts on that topic?

- All of our blogs are written by MPC staff–educators, poison specialists, and fellows?

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The 100th eAntidote Post

Four years ago, the Maryland Poison Center (MPC) created our e-Antidote blog. Our goal was to provide easy access to information when it's most convenient for you--like waiting in an office or in the school pickup line. We just shared our 100th blog to reflect on the 10 most read posts. We encourage you to become a frequent visitor at **blog.mdpoison.com**

1. **The Laundry Pod Challenge: Why Teens are Doing It** - January 2018

In 2017, videos of the laundry pod challenge went viral. Individuals were biting into the colorful squishy pods attempting to eat them. Exposures from swallowing the liquid inside, getting the liquid on your skin, or getting the liquid in your eye can cause unwanted effects.

2. **Your Halloween Candy Wasn't Poisoned** - October 2017

Poisoned Halloween candy is a myth! Stories of children unexpectedly dying on or after Halloween have parents worried. But investigations almost always reveal another cause of death.

3. **Are Essential Oils Dangerous?** - January 2018

Essential oils are made from plants, so some people think they won't cause harm. Essential oils can be dangerous if used in the wrong way, wrong amount, or by the wrong person.

4. **Grapefruit Juice and Medicine: What's the Real Deal?** - November 2017

Drinking grapefruit juice or eating a grapefruit while taking certain medicines can cause an interaction. Your health care provider or pharmacist will tell you if you should not have grapefruit while taking a medicine.

5. **Maryland Critters that Bite and Sting** - June 2020

Maryland is full of native wildlife such as spiders, snakes, and jellyfish. For the most part, these critters won't bite or sting you if they are left alone. It's important to know which ones live in Maryland and that other common critters in neighboring states rarely come here.

6. **Poison Myths Busted: Something Swallowed? Throw It Up!** - February 2018

A common myth we hear at the MPC is that if someone swallows something they shouldn't have, they should throw it up. We do not recommend making anyone vomit if they swallow a poison. Do not put fingers down their throat or give a home remedy to make someone throw up.

7. **Poison Safety During the Coronavirus Pandemic** - April 2020

The timely topic that affected everyone in some way - COVID-19. Safe use and storage of cleaning products, hand sanitizers, and medicines was important to keep everyone safe.

8. **What's In Your House: Kitchen Edition** - January 2020

The first edition of our **What's in Your House blog series** covered the kitchen. We discussed how to safely use and store a few common kitchen products.

9. **Summertime Poisons** - July 2019

There are certain poisons and exposures that we hear about during the summer season. Some summertime activities can increase the risk of a poisoning.

10. **What You Should Know About Marijuana (Cannabis)** - November 2019

Marijuana, also known as cannabis, is a drug that has been around for a while but continues to change in how it's being used. It's important to know what cannabis is and how to safely store it.

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