

# Poison Prevention Press

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## First Aid for Poisonings

Perform the following first aid, then call 1-800-222-1222 for more information.

### Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit.

### Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse skin with lukewarm water for 10 minutes.

### Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet, or shower for 15 minutes.
- Do not force the eyelid open.

### Inhaled Poison:

- Get the person to fresh air.
- Open doors and windows.

## Did you know that...

- Children under 6 years old accounted for 38.1% of cases in 2023 at the MPC?
- 87% of calls to the MPC involving children under 6 years in 2023 were managed at home?

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## Will Kids Really Eat That? Part 2

Every year the Maryland Poison Center (MPC) receives thousands of calls about people, including many children, who did in fact eat something many of us think would be gross. Sometimes the child really likes it and goes back for more! If a child gets into any of the products below, call the poison center to make sure the exposure isn't going to be a problem.

Part 1 of this series looked into the following items: art supplies, cigarettes and nicotine, cosmetics and personal care products, pet food, plants, and poop.

Let's look at three things kids get into that many of us adults think would taste terrible.

### Diaper Rash Cream

There are many diaper rash creams available both by prescription and over the counter. These products are found in the homes of many young children who are in the exploratory phase of their development. Many of these products do not have child resistant packaging (like lids that lock into place) and are kept on changing tables or in a child's room within easy reach. Most of these products are safe when children have a taste, even if there are multiple tastes. The cream can be hard to get out of the mouth or off the skin. They are made to stick to the diaper area after all.

Have the container available when you call the MPC, as a poison specialist may ask you to read off the ingredients. Some ingredients could be more concerning than others if swallowed, but most are expected to only have minor effects if ingested.

### Desiccant Packets

These little moisture adsorbing pellets or powders are packed in a tiny pouch and found in the packaging of common items including new shoes, toys, and foods. They are put into the packaging of some items to absorb moisture or humidity around the item. They are made of ingredients such as silica gel, activated charcoal, calcium chloride, magnesium perchlorate, or phosphorus pentoxide. It might seem scary when someone eats the contents (or the entire pack), after all it does say "Do not eat" all over it, but they are usually not problematic. If the child is acting themselves, give them a drink of water. Some of the products can be irritating to the mouth and throat, so giving some milk or juice to drink can help with this. The packs can be a choking hazard if they are caught in the throat, but most people pass them just fine.

### Household Cleaning Products

Household cleaning products are commonly involved in unintentional ingestions in both children and adults. In fact, they were the second leading cause of poisoning reported to the Maryland Poison Center in 2023. It's easy to see how people can unintentionally drink a cleaning product. Some common examples are when bleach is stored improperly in a disposable water bottle, or a child thinks a cleaner is juice and takes a gulp because they see the enticing color of a cleaner under the sink. This is why it is important to store cleaning products in their original labeled container and kept up, away, and out of sight from children (preferably in a locked cabinet if possible). A small ingestion of cleaning products may result in minor upset stomach, mouth or throat irritation, and possibly some vomiting. Other cleaners may have ingredients that can cause significant problems and need medical attention right away.