



MICHIGAN POISON & DRUG
INFORMATION CENTER
WAYNE STATE UNIVERSITY

ON & OFF CAMPUS POISON PREVENTION & SAFETY TIPS

Students and educators are returning to campus and the classroom. Safety is a major priority. Poison prevention and knowing what to do when poisoning occurs should be a priority too.

The following pages provide poison prevention and safety tips and helpful advice for poisoning emergencies that can occur on or off campus and in the school setting.

Medication Safety

**Cleaning Products
& Disinfectants**

Hand Sanitizer

Food Safety

**On & Off Campus
Home Safety**

**Vaping &
e-cigarettes**

**Substances of
Abuse**



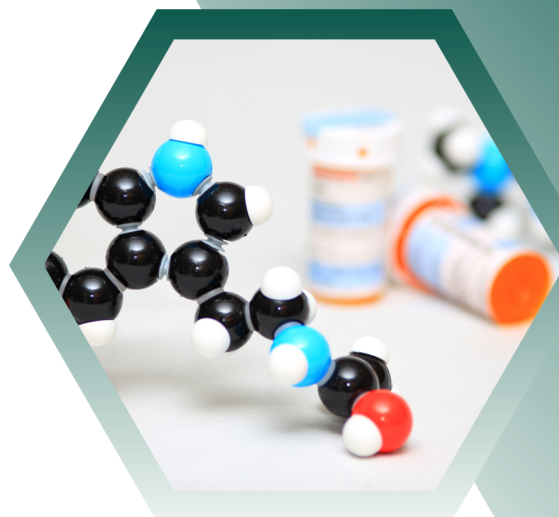
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Medication Safety



For children under five years of age, accidental medication exposure by ingestion is the leading cause of calls to the MiPDC and poison centers throughout the U.S. Concerns for unintended exposure to medication increase in school-age children, adolescents, and adulthood. Teach children early about the dangers of medication misuse.



Storage

- Store up & away, and out of sight and reach of children and others .
- Separate medication storage locations for individuals using medication in the household or school setting.
- Use medication lock bags, boxes, or locking cabinets.
- Avoid using pill planners when possible.
- Avoid allowing youth to access medication who have challenges with responsible use.



Administration

- Assure that prescribed and over-the-counter medications are being taken by the intended person only.
 - Use good lighting and avoid distractions when preparing the medication.
 - Check medication labels before, during, and after preparing medication and before storing.
- Avoid taking or giving medication outside of recommended or prescribed times.



Disposal

- Dispose of outdated and unused medication properly as soon as possible.
- Avoid flushing medications in the toilet or down drains.
- Medications remain effective after the use-by date. Keep them stored until proper disposal is possible.
- Visit the [Medication Safety](#) page at www.mipoisonhelp.org for the EGLE Take Back Map to find a location to take unused medications for safe disposal.

***For more questions about medication safety call the Poison Help Hotline.**

For confusion, difficulty breathing or other signs of distress call 911 or seek medical care immediately.



Poison Help Hotline

1-800-222-1222

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Free, confidential, non-judgmental, and expert advice





Cleaning Products & Disinfectants



Unexpected exposure to cleaning products and disinfectants is the second leading cause for calls to poison centers in the U.S. Children under the age of five years old account for the majority of these calls with unintentional exposure to these products. Teens and young adults with unintentional and intentional misuse of these products account for the second highest age range for exposure to household cleaning products and disinfectants. Scan the QR code below for more food safety activities and advice.



Storage

- Keep all cleaning products locked up in settings where children are present.
- Install child safety locks on cupboards and where products are stored.
- Minimize access to products for children or adults who may not understand their use.
- Before storing cleaning products, make sure lids and caps are secure and keep containers upright in cabinets.



Cleaning/Disinfecting

- Read and follow directions and precautions on labels before using products.
- Open windows or use exhaust fans to assure proper ventilation.
- Decrease exposure to skin and airways by using protective gloves and facemasks. Wear goggles if necessary to avoid eye irritation.
- Avoid creating toxic gases. Never mix different cleaning products together.



Exposure

- Products used to clean furniture, countertops, and dishes can be rinsed off the skin after use.
- Products used to clean toilets, ovens, and drain cleaners should be rinsed off of skin for 10-15 minutes with room temperature water.
- For eye exposures start rinsing eyes immediately after exposure with room temperature water only. Do not use eye drops.
- Call the Poison Help Hotline for further advice. Product information will be needed by the specialist to help advise callers.

***For more questions about product safety call the Poison Help Hotline.**

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Hand Sanitizer

Children and adults use hand sanitizer more often than in years before the COVID-19 pandemic. The use of hand sanitizer will remain a tool to help decrease the risks of spreading various forms of microbial-related infections. Assuring proper use of these products will help keep children and adults safe. Scan the QR code below for more food safety activities and advice.



Products

- Alcohol-based hand sanitizers effectively reduce the number of germs on the skin.
- Products containing 60-70% ethyl alcohol or isopropyl alcohol are recommended.
- Hand sanitizers can contain other active ingredients, like benzalkonium chloride which may not effectively reduce germs on the skin.
- Products containing unapproved alcohol and contaminated products have been sold as well.
 - See recall updates from the [U.S. Food & Drug Administration](#)



Proper Use

- Do not use hand sanitizer when hands are visibly dirty or soiled. Wash hands properly with soap and water.
- If soap and water are not available, use alcohol-based hand sanitizers until proper hand washing is possible.
- Use enough hand sanitizer to cover the surface of hands and rub for about 20 seconds or until hands are dry.
- Rinsing and wiping off alcohol hand sanitizer decreases its effectiveness and should be avoided.



Precautions

- Hand sanitizers left out for frequent use should be monitored for unintended use and misuse.
- Children should be supervised to avoid consumption and other misuse.
- Hand sanitizer is never intended for consumption by anyone.
- Call the Poison Help Hotline for further advice. Product information will be needed by the specialist to help advise callers.

*For more questions about public health and safety call the Poison Help Hotline.

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Food Safety

More children are heading back to campus this year than in the previous two years. For those heading to college, this may be the first time preparing and storing food without adult guidance. Below are the 4 Steps to Food Safety outlined by the Center for Disease Control & Prevention. Scan the QR code below for more food safety activities and advice.



Clean

- Germs that cause food poisoning can survive in many places and spread around your kitchen.
- Wash your hands for at least 20 seconds with soap and water before, during, and after preparing food and before eating.
- Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs.
- Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.
- Rinse fresh fruits and vegetables under running water.



Separate

- Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.
- When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.
- Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator.
- Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.
- Do not wash raw meat, poultry, or eggs. Washing these foods can spread germs because juices may splash onto your sink or counters.



Cook

- Use a food thermometer to ensure foods are cooked to a safe internal temperature. Learn how to place the thermometer correctly in different foods to get an accurate reading.
- Whole cuts of beef, veal, lamb, and pork, including fresh ham: 145°F (then allow the meat to rest for 3 minutes before carving or eating).
- Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork
- Ground meats, such as beef and pork: 160°F.
- All poultry, including ground chicken and turkey: 165°F.
- Leftovers and casseroles: 165°F.



Chill

- Keep your refrigerator at 40°F or below and your freezer at 0°F or below, and throw out spoiled food.
- Package warm or hot food into several clean, shallow containers and then refrigerate.
- Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic, refrigerate within 1 hour.
- Thaw frozen food safely in the refrigerator, in cold water, or the microwave.
- For packed lunches, use thermal bags and ice/freezer packs to keep perishable food at a safe temperature.

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On & Off Campus Home Safety



Before moving into a new dormitory, apartment, or home, make sure home safety issues are addressed before you're settled. The MiPDC and MiPrevention want all students on and off campus to stay healthy and be safe while living away from their family home. Scan the QR code for more home safety resources and tips.



Home Safety

- Before moving in, check each room for health hazards and address them with the landlord.
 - Signs of insect/rodent infestation
 - Pills/medication spills
 - Mold
 - Loose fixtures & electrical outlets
 - Improperly installed smoke and carbon monoxide detectors
 - Smell associated with natural gas leaks (rotten eggs)
- Post emergency phone numbers in an easily accessible area.
 - Fire Department
 - Police
 - Poison Help Hotline
- Avoid clutter and keep flammable items away from electrical outlets.



Carbon Monoxide

- Carbon monoxide has no smell, taste, or sound.
- Up-to-date carbon monoxide detectors should be installed properly in the unit or on each floor of the house.
- Do not ignore symptoms of exposure regardless of working carbon monoxide detectors:
 - Headache/weakness
 - Dizziness
 - Shortness of breath
 - Tight chest
 - Nausea/vomiting
 - Confusion
 - Blurred vision
- For symptoms go outside immediately and call **911** to report potential exposure to carbon monoxide.
- Anyone experiencing symptoms should be evaluated at the closest emergency room.



Fire Safety

- Smoke detectors should be installed on each floor and in sleeping areas.
- Use the correct smoke detector for each area of your household.
- Alarms should be tested monthly.
- Change batteries at least once a year or when the smoke detector starts making a chirping sound.
- Plan and consider an escape plan for each member in your dorm or home.
- Never place flammable materials near open flames.
- Never smoke in bed.
- Never leave lit candles unattended.

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Vaping & e-cigarettes



In 2021 the National Youth Tobacco Survey (NYTS) conducted by the US Centers for Disease Control and Prevention's (CDC) National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), concluded that the use of e-cigarettes among youth, specifically in middle and high schools, remains high. Individuals who choose to vape are at risk for significant adverse health effects.



Vaping

- Vaping is the act of inhaling and exhaling vapors that contain nicotine, tetrahydrocannabinol and other ingredients.
- Vaping is made possible by heating liquids.
- Vape devices can hold a greater amount of e-liquids than e-cigarettes.
- The amounts of active and inactive ingredients are not regulated.
- Vaping devices and e-cigarettes are two forms of ENDS or electronic nicotine delivery systems.
- Severe injuries have occurred from ENDS use.



E-cigarettes

- E-cigarette use may help adults decrease health risks related to smoking tobacco.
- E-cigarette marketing targets youth and young adults.
- Both e-cigarette and tobacco use are harmful to the health and development of youth and young adults.
- Most e-cigarettes contain nicotine which is highly addictive.
- Youth who use nicotine containing products are at risk for developing serious health issues.
- Harm to brain development is associated with the use of nicotine products by youth.



EVALI

- Electronic Vaping-Associated Lung Injury, or EVALI, can develop in youth and adults over a short time with the use of vaping devices and liquids.
- Vitamin E acetate has been implicated in the development of EVALI.
- There is no assurance that any vaping product is safe.
- Symptoms that may indicate the development of EVALI include:
 - Abdominal pain
 - Nausea
 - Vomiting
 - Diarrhea
 - Coughing
 - Chest pain
 - Shortness of breath
- Seek medical care immediately if symptoms occur.

***For more questions about vaping & e-cigarettes call the Poison Help Hotline.**

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Substances of Abuse

The Centers for Disease Control and Prevention reports that most adults with substance use disorders began using substances in their teens and young adult years. Substance use by teens and young adults is associated with higher risks to physical and mental health, as well as addiction. Avoiding substance use and abuse is one way to help assure academic success. Scan the QR code for more information and resources to assist with prevention, intervention, and recovery.



Alcohol

- Youth and young adults are more likely to experience alcohol poisoning than older adults due to higher rates of binge drinking.
- Binge drinking is the consumption of excessive amounts of alcohol in a short time.
- Alcohol use and abuse by youth and young adults are associated with the development of AUD or alcohol use disorder.
- AUD leads to chronic and irreversible health problems.
- Seek help from school counselors or other responsible adults you know and trust if you need help with alcohol dependence.



Opioids

- In 2021 fentanyl was involved in more than 77% of teen overdose fatalities.
- The National Institute on Drug Abuse states "Fentanyl is 50 to 100 times stronger than morphine."
- Concerns are rising regarding the illegal production and sale of fentanyl targeting youth.
- Misuse and abuse of prescribed opioids is an indicator that may lead to the use of illegally produced opioids like fentanyl and other illegal substances.
- Overdose Rescue Training and recovery resources are available throughout the state of Michigan.



Cannabis

- Cannabis products are legal for use for people over the age of 21 years in Michigan.
- THC, or delta-9-tetrahydrocannabinol, is the primary psychoactive ingredient in cannabis.
- Cannabis use during adolescence may negatively affect the developing brain by impairing thinking and problem-solving.
- Cannabis use during adolescence may impact the potential for addiction.
- Children who eat cannabis products have become ill and required hospitalization for life-threatening symptoms.
- Like medication, adults should keep cannabis products locked up and out of sight and reach of children.

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