

# Poison Prevention: Primary Program (Pre-school through 2<sup>nd</sup> grade)

## Nebraska Regional Poison Center

### **Introduction:**

Introduce your name, who you are (teacher, parent, nurse, daycare provider, pharmacist, or health care student) and share some of your background briefly. An example of a short introduction: *“My name is \_\_\_\_\_ and I am happy to be with you today to teach you about poison safety. I will share with you; what a poison is, where poisons are located and medicine safety. When I ask you a question please raise your hand and keep your listening ears on because I will be asking you questions”.* Note: with pre-school age children they may not always answer the questions, so move forward as needed.

**Lesson Plan 1: What is a Poison?** A poison is something that can make you very sick if you taste it, smell it, get it on your skin or in your eyes. Many products and medicines are safe when used as intended but may be a poison if used the wrong way.

- Could there any poisons in your home?
- Can you name some poisons?
- How do poisons get into the body?
- Has anyone ever eaten a poison, gotten a poison on skin, eyes or breathed it in?

**Lesson Plan 2: Medicine Safety:** A medicine is something given to us by a grown-up to make us feel better when we are sick or hurt. Medicines may be confused with candy because they can come in many pretty colors and shapes. Never take medicine without a grown-up.

- Should we take medicine on our own?
- Should we take someone else’s medicine?
- If medicine is sitting out on a table and you see it should you take it?
- Should we call medicine candy? Are vitamins candy or medicine?

**Lesson Plan 3: Where are poisons?** Poisons can be found inside and outside of our homes. Let’s go through the house and identify where poisons might be.

- Garage: (gasoline, antifreeze, bug spray)
- Bathroom: (mouthwash, toothpaste, toilet bowl cleaners)
- Kitchen: (dish soap, cleaning products)
- Living Room: (alcohol, indoor plants, cigarettes, vape/vape liquids)
- Bedroom: (medicine might be sitting on nightstand, perfume)
- Outside: (berries, mushrooms, bites and stings, bushes/plants)

**DVD/Video:** This is a good time to show the video: “*Do You Know What a Poison Is?*” (8:44)

**Reinforcement:**

- Who did Pinky the Elephant tell us to call and what is the phone number?
- Did you see poisons that may be in your house or yard?
- Is medicine candy? Should you take medicine on your own?
- Should you put coins or batteries in your mouth? What about laundry pods or gasoline?
- Never play with, touch or taste poisons because they can make you sick or hurt you.

**Closing and Poison Center Mascot: Pinky the Elephant**

- Have you learned a lot about poisons, what to do, and how to stay safe?
- The Poison Center is always open and specially trained nurses and pharmacists will always answer the phone.

***The following relates to Pinky the Elephant Mascot at school programs***

- We have a very special guest with us now: **Pinky the Elephant** comes out.
- Have Pinky hold the buckets: Sad face and Happy face: Hold up the cards and have the children indicate what bucket the card goes into. (they can do this as a group)
- When finished with the bucket game have the children line up and each child will get a Pinky Good Job sticker.
- Coordinate with the teacher allowing the children to hug Pinky and/or give a high five.

**Please Note:** If you are sharing this program from home/daycare setting/school and don't have access to the Poison Center mascot Pinky the Elephant, you can still review items that the children can indicate as either happy or sad. Examples: bleach bottle, other household cleaning items, a food item or two, medications or plants

**Educational Materials:**

- Pinky Coloring Books
- Magnets
- Brochures: English and Spanish
- Telephone Stickers
- Teachers Packets which include activity sheets that you can make copies
- Videos

To order more free materials or use the mascot Pinky the Elephant call **1-800-222-1222**. Thank you for helping us spread the word about poison prevention and safety!

## **Nebraska Regional Poison Center**

### **Tip to Keep Young Children Safe from Poisoning**

- Store household products safely to prevent poisoning. Young children are often eye-level with items under the kitchen and bathroom sinks, so make sure cleaning products and personal care products are up and away, out of children's reach and sight.
- Keep all household cleaning products in their original container. Read and follow product labels.
- When buying products/medication look for child resistant containers.
- Check your home for products like cleaning supplies, liquid laundry packets, plants, personal care products, pesticides, alcohol, and medications. Keep out of sight or locked up.
- Install carbon monoxide (CO) alarms in your home. Make sure there is one on every level of your home, especially around sleeping areas. If the CO alarm sounds, leave your home immediately and move to a safe location outside where you can get fresh air.
- Save the Poison Center phone number in your phone and post it visibly at home: 1-800-222-1222
- Specially trained nurses and pharmacists answer the phones in the Poison Center and provide free to the public, confidential and expert advice for poisonings 24 hours a day. You can call for questions too.

## Nebraska Regional Poison Center Primary Program Outline

More than two million poisonings are reported each year to poison control centers throughout the United States. Whether you are a teacher, parent, nurse, daycare provider, pharmacist, or student you can play a vital role in teaching children about poison prevention. Ninety percent of poisonings occur at home and at least fifty percent involve children under the age of six. Most of these cases, however, were safely managed at home and did not require an emergency room visit. This program is intended for pre-school through second grade. Feel free to adapt the presentation suggestions to suit your style as well as the needs, attention span, and abilities of your audience.

### Objectives:

1. To introduce the concept of a poison by discussion and age appropriate questions.
2. To introduce poison prevention/safety by discussing appropriate behaviors.
3. To identify what a poison is after the video is viewed by the audience.
4. To have educational materials readily available to take home to parents/guardians.

### The Primary Program includes the following:

- a. Introduction
- b. Lessons
  - i. What is a poison?
  - ii. Medicine safety
  - iii. Where is a poison?
- c. DVD Presentation: This can be obtained either hard copy or going to the Nebraska Regional Poison Center website: [www.nebraskapoisson.com](http://www.nebraskapoisson.com) under public education
- d. Reinforcement
- e. Closing (Pinky the Elephant if presentation at a school/health fair site)
- f. Educational materials to take home for parents/guardians

### Materials needed

Children have different ways of learning and often are very visual. If you have photographs or actual empty containers this can be very helpful for your presentation. Some examples include: Prescription medicine and over the counter medicine bottles, cough/cold medicines, vitamins, perfume/cologne or aftershave, shampoo, soap, furniture polish, cigarettes, plants-leaves/flowers/berries, insect repellents.

Please make sure products/medicine bottles are **empty**. If you are showing a flower/leaf/berry or cigarette, please remember to keep out of the reach of children after your presentation.

For coloring books/activity sheets have crayons or colored pencils available.

**Evaluation:** An important part of any learning activity is review and evaluation. Please take a moment at the end of your presentation to complete the enclosed evaluation form. Feel free to share your ideas, comments and suggestions with us. It helps us review and improve our programs. Thanks again for sharing in this important aspect of poison prevention and education.

Dear Parents,

Your child has been learning about poison prevention and safety. Smaller children are naturally curious and will explore their environment readily. Please make sure that all medications and products are kept in their original containers and out of sight. An adage to remember is “Poisons...Keep out of sight and locked up tight”.

We would like to ask your assistance in reinforcing the classroom education programs by reviewing the materials brought home by your child. Be sure to teach your children how to use the telephone in case of an emergency. The toll-free Poison Center number is **1-800-222-1222**. Your call is answered by specially trained nurses and pharmacists 24 hours a day.

We hope this information has been useful and helps you in providing poisoning safety for your children. Call the Nebraska Regional Poison Center anytime you have a poison emergency or questions about the safety of any product, medicine, plants, bites and stings. Also please visit our website at [nebraskapoinson.com](http://nebraskapoinson.com) or our Facebook page and click on the links to watch our videos.

Sincerely,

Staff at the Nebraska Regional Poison Center

# Nebraska Regional Poison Center Evaluation

Name: \_\_\_\_\_

Telephone #: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ County: \_\_\_\_\_

Age group of Audience: \_\_\_\_\_

Date of Program: \_\_\_\_\_ Amount of time spent in preparation/administration \_\_\_ minutes

## Evaluation of Program

The program and handouts met my needs: (poor) 1 2 3 4 5 6 (excellent)

The program kept the audience's attention: (poor) 1 2 3 4 5 6 (excellent)

The materials arrived in a timely manner: (poor) 1 2 3 4 5 6 (excellent)

The format was easy to read and understand: (poor) 1 2 3 4 5 6 (excellent)

The video on poison prevention was useful: (poor) 1 2 3 4 5 6 (excellent)

Your overall evaluation of the program: (poor) 1 2 3 4 5 6 (excellent)

I would recommend the program to my colleague's \_\_\_\_\_ Yes \_\_\_\_\_ No

If no, why? \_\_\_\_\_

## Materials Used (please check all that apply):

Magnet \_\_\_\_\_

Coloring Book \_\_\_\_\_

Brochures: English \_\_\_\_\_ Spanish \_\_\_\_\_

Telephone stickers \_\_\_\_\_

Teacher's packet \_\_\_\_\_

DVD/Online Video: Do you know what a Poison is? \_\_\_\_\_

Pinky costume/mascot \_\_\_\_\_

What would you recommend be done to improve this program? \_\_\_\_\_ Any other comments? \_\_\_\_\_