



Summer 2022

DPICTIONS

DRUG AND POISON INFORMATION CENTER'S
QUARTERLY NEWSLETTER



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Upcoming Dates:

June is National Pet Preparedness Month

August is National Immunization Safety Awareness Month

August 31st is International Overdose Awareness Day

4 Things Parents Should Know About Medications and the Summer Heat

Summer calls for us to be outside spending time away from home and out in the sun. You've packed the sunscreen and water, but if your kids take medications, you may need to consider a few more things. Heat can change a medication's effectiveness and some drugs can magnify the sun's effects. Here's more information about how the sun can impact medication and what you can do about it:

1. How to Store Them Properly

Many drugs require storage at a certain temperature. Leaving medications in the summer heat, especially a hot car, can quickly change the recommended safe storage range of medicines such as:

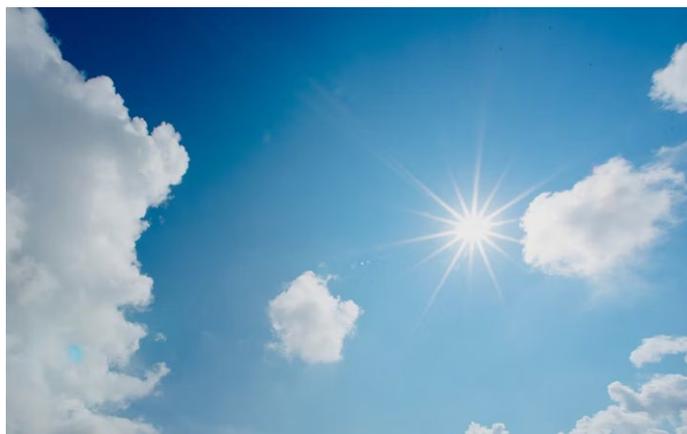
- Insulin
- Asthma inhalers
- Thyroid medications
- Epinephrine

If your child's medicine changes color, taste, smell or melts or crumbles, it may have been compromised by the heat. If this happens take your medication to your pharmacist to discuss your options. We recommend storing medications in an insulated bag when out and about during hot summer days.

2. The Potential for Photosensitivity

Some drugs can cause kids' skin to burn more easily when exposed to the sun. If your child takes medications in the following classes of drugs, check with the [Drug and Poison Information Center](#) to see if your specific medication can cause photosensitivity.

- Acne medications
- Antibiotics
- Antihistamines
- Blood pressure medications
- Antipsychotics
- Non-steroidal anti-inflammatory drugs
- Oral contraceptives
- Sulfonylureas



The best way to avoid a photosensitivity reaction is by minimizing sun exposure and wearing sunscreen.

3. The Possibility of Dehydration

Some drug classes can cause dehydration, which can be especially worrisome when we tend to sweat and lose more water. Medicines that can cause dehydration include:

- Laxatives
- Blood pressure medications
- Chemotherapy drugs

Drinking plenty of fluids, replacing salt and minerals lost from heavy sweating, applying sunscreen, and wearing light-colored clothing can all help prevent dehydration.

4. How to Avoid Missed Doses

Being away from home can result in missed drug doses, which can be a problem for some medicines.

There are many ways to help us remember to keep track of taking medications including:

- Travel pill organizers
- Setting alarms on your phones
- Downloading medication reminder apps

What to Know About 5 Poisonous Summer Plants

Now that the summer season is fully upon us and many children are out of school, families are spending more time enjoying outdoor activities. While summer is a wonderful time for young ones to explore nature, it is also important to be cognisant of the dangers that the outdoors can hold. Listed below are three poisonous plants to be aware of to ensure that your family stays safe outside this summer.



Giant Hogweed

Giant hogweed is something that you may have heard about in the news.

- It is a large plant that can grow up to 15-20 feet.
- It contains a sap that makes skin very sensitive to UV radiation.
- Exposure to the sap may lead to blistering and burns to the skin, following sun exposure.
- It is recommended to avoid contact with this plant.
- If you do come in contact with the plant wash the area immediately and thoroughly with soap and water.

Poison Ivy and Poison Sumac

Poison Ivy and Poison Sumac are plants that most people have probably heard of and are widespread throughout Ohio.

- Poison Ivy has shiny leaves that have 3 leaflets. It grows in a vine but it can also look like a shrub.
- Poison Sumac grows mostly in swamps and other wet areas. It is a deciduous large shrub with reddish color stems that turn brownish gray as the plant ages. The leaves turn red in autumn and drop off.
- Both Poison Ivy and Poison Sumac release an oil called urushiol. This oil can cause severe itching, blistering and swelling when it comes in contact with the skin of people who are sensitive to the plant. Burning Poison Ivy or Poison Sumac is not recommended as that may cause respiratory symptoms in some people.
- Allergic reactions can be worse to Poison Sumac than Poison Ivy
- If you come in contact with Poison Ivy or Poison Sumac, wash your skin with soap and water including under the fingernails. It is also recommended to wash all clothing or other items that came in contact with the oil from the plant.
- To prevent exposure, it is recommended to cover areas of your skin as much as possible when hiking or walking through wooded areas.



Poison Ivy



Poison Sumac

What to Know About 5 Poisonous Summer Plants (cont.)



Jimson Weed

Jimson weed is another poisonous plant found abundantly in Ohio.

- Jimson weed produces strong hallucinogenic effects when swallowed and can be misused by teens.
- Ingestion can include brewing parts of the plant in tea or chewing seed pods, often known as “pods” or “thorn apples.”
- Some side effects include fast heartbeat, hallucination, dry mouth, big pupils, blurred vision, and muscle weakness.
- In severe cases, ingestion of the plant has been associated with coma and seizures.

Poison Hemlock

Poison hemlock has been known for centuries, perhaps most famous for the method of death of Socrates in 399 BCE.

- Poison hemlock should not be eaten as it is toxic to humans and animals.
- It is in the carrot family and is sometimes mistaken for other plants in this same family including wild carrot, anise, chervil and fennel.
- Side effects of ingesting the plant can initially include vomiting, confusion, decreased breathing, and muscle paralysis; death from the plant is usually rapid and because of respiratory paralysis.
- It is recommended that if you find poison hemlock in your yard to remove it quickly to prevent further spread.
- Wear gloves, avoid contact with skin and eyes, and pull up the entire plant, including the root.
- Additional information on removal may be found through the US Department of Agriculture (<https://www.ars.usda.gov/pacific-west-area/logan-ut/poisonous-plant-research/docs/poison-hemlock-conium-maculatum/>)



Plants are difficult to identify and often one plant that is ‘non-toxic’ looks very similar to another plant that is ‘toxic’. Some plants can cause toxicity if they are swallowed, and other plants can cause symptoms by touching them. It is best to never eat or touch an unidentified plant unless an expert confirms that it is safe to do so. There are some plant identification apps that are available for use on smartphones. These apps are becoming more available. Accuracy can vary with apps, so it is recommended to use them with caution and to always call your Poison Control Center at 1-800-222-1222 if you or someone you know has been exposed to a plant.

Summer Lawn and Garden Safety

Caring for your lawns and gardens can be both a necessary and fun activity to engage in during the summer, but it is important to be aware of the products that you are using in your yard to keep you and your family (including pets!) safe this summer season. View the infographic below to see more information on safe storage, application, and disposal of lawn products.

Applying & Storing Lawn and Garden Products



If you choose to use chemicals to control problem pests in your lawn and garden, like slugs, rodents, or weeds, follow these safety tips.

BEFORE YOU APPLY



Read the label. Double check that the product targets the insect, rodent, or weed you want to control.



Wait for good weather. Wind and rain can cause products to blow away or run off.



Put on long pants, socks & shoes, long sleeves, and rubber gloves. The label may suggest additional protection.



Remove toys and pet dishes from the yard.



Keep kids and pets inside or away from the yard while applying.

AFTER YOU APPLY



Check that all lids are closed and tightly sealed. Store out of sight and out of reach of children and pets.



Store the product in its original packaging. Never transfer pesticides to empty food or drink containers.



Do not allow children and pets in the yard until the product fully dries or dust settles.



Take off the clothing you wore during application, and wash your hands.



Follow disposal directions on the label.

If you have questions about a pest, how to use or dispose of a product, or what the potential risks to people or the environment may be, contact the National Pesticide Information Center at 1-800-858-7378 (Mon-Fri 8am-12pm Pacific Time).

If someone swallows, breathes in, or gets pesticide in the eyes or on the skin, call the Poison Help hotline 24/7 at 1-800-222-1222 to speak with an expert at your local poison control center or visit www.poisonhelp.org.



Fourth of July Celebration Safety Tips

Fourth of July is a great opportunity for many to gather together and participate in fun summer evening celebration activities that involve festivities such as fireworks, sparklers, and outdoor tiki torches and lamps. Read more information about each of these products below to help keep your family safe at any summer gathering you might be going to this year.



Fireworks

Fireworks are a common tradition that accompanies many Fourth of July celebrations and, when they are used in a responsible manner can be a fun way to celebrate. However, when fireworks are handled incorrectly, serious injuries, poisonings, and even fatalities can occur. It is important to understand the risks and follow all safety guidelines when handling fireworks. The US Consumer Product Safety Commission estimates that on average 180 people go to an emergency room every day surrounding the Fourth of July. Most injuries occur from malfunctioning or mishandled fireworks, but other safety concerns to include smoke inhalation and unintentional ingestion by children and pets.

Sparklers, Poppers, and Other Handheld Novelties

Handheld novelty firework products such as sparklers and poppers are another fun way to spend a summer night with friends and family, but, because these products are much smaller and more readily accessible, they are much more likely to be ingested by children and pets. The composition of these products can vary and the extent of toxicity depends on the amount ingested, but several ingredients in fireworks can be highly toxic, causing side effects from stomach upset to more severe consequences like electrolyte disturbances and other multi-organ effects that require urgent medical attention. If you think someone has been exposed to a firework product, call the poison center at 1-800-222-1222 immediately.



Outdoor Lamps and Tiki Torches

Outdoor lamps and tiki torches contain fuels composed of hydrocarbons which can cause “chemical pneumonia” if it is aspirated into the lungs, even in low quantities, and especially for children. These oils may not appear toxic as they are often nicely scented and colored and are often stored in containers similar to drink bottles and cans. In order to keep your family safe, it is recommended to always keep these products in their original container, locked up, and out of reach of children or pets. If someone swallows or inhales any amount of lamp oil, tiki-style torch oil, or lighter call the poison control center immediately at 1-800-222-1222, and do not induce vomiting as this can make the problem worse.

Poison Prevention Product: Safe RX

The most widely abused substance by 12-13 year olds is prescription medication, often from friends or family members, and ingestion of medication is the leading cause of unintentional poisoning deaths of children. Thus, it is imperative to keep medications in the house locked up and out of reach of any children or teens, and one way to do so is by utilizing products like a Safe RX medication container.

Safe RX is a product that allows you to place your medications and pill bottles in a locked container in order to prevent ingestion of medications from children and pets. The bottles are locked with a customizable 4 digit code that is effective in keeping children out of pill bottles and medications.

All medications may cause poisoning, but certain medications including heart medication, diabetic medication, pain medications, seizure medications and psychiatric medications may be especially dangerous to young children even with ingestion of as little as one pill. Using Safe RX and products like this are ways to help prevent a potentially serious poisoning.



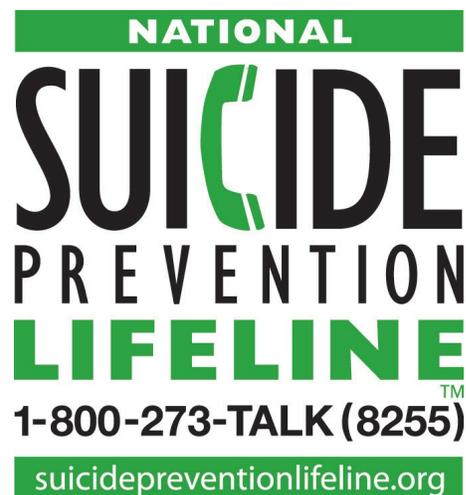
New 3 Digit Suicide Prevention Lifeline

The National Suicide Prevention Lifeline will have a 3 digit dialing code, 988, beginning July 16, 2022. The current Suicide Prevention Lifeline, 1-800-273-8255, has been open since 2005 and will always remain open even after the 988 number is available. This new 3 digit number will help those in need get access to the National Suicide Prevention Lifeline as quickly and efficiently as possible.

Starting July 16, 2022, anyone in the United States can call, text, or chat 988 to be connected to trained counselors that will listen, provide support, and connect them to any necessary resources.

The National Suicide Prevention Lifeline has received over 20 million calls in its 15 year history and supports those in crisis and distress 24/7/365. For more information on the lifeline or how to support its impactful work visit:

<https://suicidepreventionlifeline.org/>



References:

Safe Kids Worldwide. New research reveals medications are the leading cause of accidental poisoning deaths among children today. Retrieved from:

<https://www.asthehealth.org/medications-leading-cause-accidental-poisoning-deaths-children>

SafeRX. Combat the opioid epidemic with SafeRX. Retrieved from: <https://www.safe-rx.com/pages/opioid>

Suicide Prevention Lifeline. The Lifeline and 988. Retrieved from: <https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>

Qualitative Research on Drug Use at Dance and Music Festivals

While dance and music festivals can be a fun activity for many to partake in during the summer season, recent studies have shown some correlation between festivals and higher risks for drug use and adverse drug effects. More information on a study conducted by Joseph J. Palamar and Ibrahim Sönmez and supported by the National Institute on Drug Abuse of the National Institutes of Health that investigated drug use at dance festivals is listed below.



Background

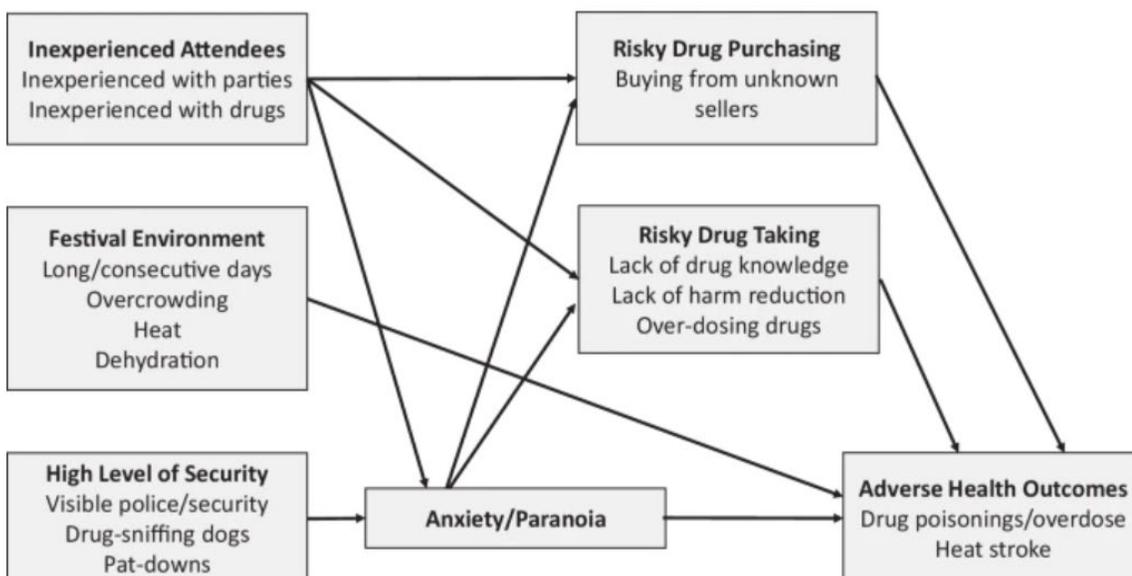
- This study focuses on festival-specific risks particularly from the use of ecstasy/MDMA.
- There has been an increasing popularity of festivals, so the importance of studying drug-related adverse effects is essential to bettering prevention and reducing further harm.
- These festivals typically occur over an entire weekend where attendees can be exposed to extended heat, crowding, and over-exertion through dancing which can lead to dehydration and exhaustion. These conditions can further complicate potential drug adverse effects and medical emergencies.

Method

- The study obtained information through 35 informant interviews with individuals who were considered experts in new psychoactive substances; these informants were identified as “drug checkers, sellers, or experienced users.” A particular focus was on individuals experienced with drug use in nightlife and Electronic Dance Music (EDM) festival scenes, with nightlife most commonly referring to late-night nightclub scenes
- These interviews were conducted between 2015 and 2018

Results

- The authors of the study found that there were four main themes focusing on festival attendance as a risk factor for risky drug use and related outcomes:
 1. Inexperienced attendees with dance festivals and common party drugs
 2. Risky drug purchasing
 3. Risky drug taking
 4. Festival environment factors
- The chart, pictured to the below, shows how each of these four factors can play a role in increasing adverse health outcomes for drug use
 - Other factors including high security and anxiety/paranoia were also shown to play a role in adverse health outcomes



Reference:
Palamar, J.J., Sönmez, İ. A qualitative investigation exploring why dance festivals are risky environments for drug use and potential adverse outcomes. *Harm Reduct J* 19, 12 (2022).
<https://doi.org/10.1186/s12954-022-00598-5>

Take Action to Prevent Addiction

Learn how to reduce risk.



Know the Facts About Opioids

41 PEOPLE DIE EVERY DAY

Every day in the United States, 41 people lose their lives to prescription opioid overdose.

Prescription opioids—like hydrocodone, oxycodone, and morphine—can be prescribed by doctors to treat moderate to severe pain but can have serious risks and side effects.



ANYONE CAN BECOME ADDICTED

Opioids are highly addictive. Research shows that if you use opioids regularly, you may become dependent on them.

That's because opioids change how the brain and nervous system function. **You can't know how your brain will react to opioids before taking them.**

Talk With Your Doctor

Your doctor may talk to you about prescription opioids for pain treatment. Ask about the risks and benefits so that you can work together to decide what is best. You can also ask your doctor to help you find other safer ways to manage pain.

It Only Takes a Little to Lose a Lot

Opioids can be addictive and dangerous.

Risks include misuse, addiction, and overdose.



Opioids affect the part of the brain that controls breathing.

If you take too high a dose, it can slow your breathing and cause death.



Combining opioids with alcohol and other drugs—

like sleeping pills or cough medication **—increases your chances of death.¹**



¹[fda.gov/Drugs/DrugSafety/ucm518473.htm](https://www.fda.gov/Drugs/DrugSafety/ucm518473.htm)



Start the Conversation

Protect yourself and others by talking about your questions and concerns.



Talk with your doctor.

Ask about nonopioid pain management options, addiction, and overdose risks.

Talk with your loved ones if you're concerned about opioid misuse or addiction.

Let them know that you care about them, and be patient and open when listening so that they feel heard and valued.

Encourage your loved ones to get help if they need it.

Help them look for treatment, and offer to go with them to their first appointment. Your support can make a difference.

Tips to Reduce Risk

Follow these tips to protect yourself and those you care about.



Only take prescription medication that is prescribed to you. **Don't share medication with others.**



Take the medicine as prescribed. Don't use medications in greater amounts, more often, or longer than directed by your doctor.



Dispose of expired or unused prescription opioids. Remove them from your home as soon as possible to reduce the chance that others will misuse them. To get rid of prescription opioids and other medications safely:

- Check with your pharmacist to see if you can return them to the pharmacy.
- Find a medicine take-back option near you at [takebackday.dea.gov](https://www.takebackday.dea.gov).



Keep medicines in a safe place. It's best to store prescription opioids in a place that can be locked—like a keyed medicine cabinet—to keep them secure from children and visitors.

Treatment Support

For those who might have an opioid use disorder, call SAMHSA's National Helpline at **1-800-662-HELP**.

Find opioid treatment options in your state at goo.gl/Gtkv9C.

Learn the signs of a quality treatment center at goo.gl/X1FCGW.

Hear real stories about recovery from prescription opioids at cdc.gov/RxAwareness.



Planning a safety fair, outreach event, or presentation?

We have stickers, magnets, pamphlets, topic-specific handouts, and other materials available! Infographics included in this newsletter may also be used as handouts!

Contact us if you would be interested in a poison prevention specialist speaker, booth, or presentation for your organization's event.

Phone: 1-800-222-1222

Email:
DPICOutreach@cchmc.org

Our Website:

<https://www.cincinnatichildrens.org/service/d/dpic>

Our Blog:

<https://www.cincinnatichildrens.org/service/d/dpic/dpic-blog>

DRUG AND POISON INFORMATION CENTER

The Cincinnati Drug and Poison Information Center (DPIC) at Cincinnati Children's Hospital Medical Center is a 24-hour emergency and information telephone service for anyone with concerns about poison or drugs.

The center's specially trained staff of medical toxicologists, pharmacists, nurses and poison information providers answer questions about poisonings, drug abuse, product contents, substance identification, interactions and adverse reactions.

The Drug and Poison Information Center also works to provide you with important prevention information, educational materials, first-aid information, common household hazards and references to national helpline organizations and agencies.

The phone number for the Cincinnati Drug and Poison Information Center is

1-800-222-1222.

The center also offers contract services to businesses looking for pharmacovigilance and safety surveillance for post-marketing and clinical trials.



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