

Uncertainty, confinement and disruption to our daily routines is causing panic. There is a lot of confusing and inaccurate information circulating about how to prevent and treat the coronavirus (COVID-19) but self-medicating is not the answer. The Georgia Poison Center recommends that people follow the CDC guidelines to help stop the spread of COVID-19 and advise keeping potential poisonous products up, away, and out of sight and reach.

Majority of unintentional poisonings are accidents. As a parent, grandparent or caregiver it is our job to keep our family safe. Taking these precautions and becoming aware of recent warnings we can do our part to help prevent an unintentional poisoning.

Accidental poisonings at home:

With families spending more time at home there is an increased risk of an accidental poisoning.

- Children under the age of 6 make up 42% of our calls. The top five substances that this age group is susceptible to is household cleaning products, cosmetics/personal care products, analgesics, foreign bodies like batteries, and dietary supplements.
 - Their curiosity leads them to put things in their mouths that are within reach.
 - They may confuse everyday household items as candy, snacks or drinks.
 - Medications and cleaners can look like candy or juice.
- However, adolescents and adults are at risk as well for using a product in the wrong way, by the wrong person or in the wrong amount.

A few tips and recommendations to help prevent an accidental poisoning in the home:

- Household cleaning products
 - Keep products in their original containers
 - Make sure the lid is secured tightly
 - Be aware of mixing your own cleaning supplies
 - Do NOT mix bleach with ammonia, vinegar or any other chemicals as it can create a dangerous gas that can cause coughing and serious breathing problems.
 - Try not to breathe in any cleaning products.
 - If using cleaning products indoors, open windows and doors to allow fresh air
 - Keep products up, away, and out of sight and reach
- Cosmetics/personal care products
 - Supervise children when using hand sanitizer. If consumed in a large amount, it can make a child drunk, lower their heart rate and affect their breathing.
 - Keep hand sanitizers up, away, and out of sight and reach
- Medication
 - Always relock the safety cap on medication bottles and put it away after each dose
 - Read the labels and directions at every dose before giving the medication
 - Be careful not to take any two or more medications with the same active ingredients. For example, do NOT take Tylenol and a cold medicine that both contain acetaminophen.
 - Keep all medications, vitamins and supplements up, away, and out of sight and reach



80 Jesse Hill Jr Drive SE, Box 26066, Atlanta, GA 30303-3050
POISON HELP: 1.800.222.1222
ADMINISTRATION: 404.616.9237 | EDUCATION: 404.616.9235
FAX: 404.616.6657
www.georgiapoisoncenter.org | @PoisonCenterGA



COVID-19 Warnings:

There is a lot of confusion and misinformation on how to self-treat and stop the spread of COVID-19. Some of these self-treatment and cleaning recommendations will not help and in some cases can become very dangerous.

- Drinking bleach does NOT cure COVID-19
 - When bleach is used correctly it can be safe and effective to stop the spread of germs.
 - Bleach can become toxic if used in the wrong way which can lead to serious complications if swallowed or sprayed or splashed on the skin or eyes.
- Ingesting chloroquine phosphate does NOT prevent or cure COVID-19
 - Chloroquine phosphate is an additive commonly used in aquariums to clean fish tanks.
 - This product should NOT be ingested by humans.
- Disinfecting with rubbing alcohol and vodka is NOT recommended
 - Many types of common alcohols are NOT 60% alcohol and do not meet the CDC standards to kill germs.
 - Handwashing with soap and water is the best way to protect oneself. If soap and water are not available, hand sanitizer containing 60% alcohol is acceptable.
- Gargling salt water will NOT kill COVID-19
 - According to the CDC, gargling salty, warm water is one of many ways to soothe a sore throat, but there is no evidence that doing so will kill COVID-19.
 - Do NOT drink the salt water. Consuming large amounts of salt water can be fatal.
- Spraying alcohol or chlorine all over your body does NOT prevent COVID-19
 - Spraying alcohol or chlorine on your body will not kill the virus.
 - These substances can be harmful if sprayed on your skin, eyes or mouth
- Self-medicating
 - There is no specific medicine recommended to prevent or treat COVID-19
 - Anyone who is infected by the virus needs to seek advice from their physician

The Georgia Poison Center recommends that people follow the CDC and Georgia Department of Public Health guidelines for cleaning, disinfecting, and self-care to help stop the spread of COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

<https://dph.georgia.gov/novelcoronavirus>

Call the Georgia Poison Center if someone may have swallowed, touched or breathed a harmful substance. A trained healthcare professional will advise you on what to do. We are available 24/7/365 and all calls are free and confidential. 1-800-222-1222.



80 Jesse Hill Jr Drive SE, Box 26066, Atlanta, GA 30303-3050

POISON HELP: 1.800.222.1222

ADMINISTRATION: 404.616.9237 | EDUCATION: 404.616.9235

FAX: 404.616.6657

www.georgiapoisoncenter.org | @PoisonCenterGA

