



The New Jersey Poison Information & Education System — Serving New Jersey Since 1983

NEWS RELEASE

Media Contacts:

800-222-1222 (800-962-1253 outside NJ)

10 Things to Remember this 4th of July Weekend

- Better Safe than Sorry -

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Available for Interviews

NEWARK, N.J. — June 27, 2013 – Whether traveling or staying at home for the long holiday weekend, the poison experts want you to enjoy your 4th of July celebrations and not spend it in an emergency room. Most poisonings are preventable. Here are some important things to remember.

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- When friends and family visit, lock up all of their medications (prescription and over-the-counter). Children, teens and pets die every year because adults (parents, guardians, grandparents, etc) fail to realize the danger of keeping medicines in non-secure medicine cabinets, closets and drawers.
 - Jugs containing lamp or torch oil must be stored in locked cabinets away from food and drinks. When accidentally taken by mouth, such lamp or torch oils can enter the lungs causing pneumonia and even death.
 - Lamp and torch oil refill bottles may closely resemble juice containers; the containers and caps are designed similarly, the oils are colorful and fragrant; the liquids are practically identical in appearance with common fruit juices/drinks!
 - Since it is difficult to pour the liquid directly from the refill bottle into the torch, consumers frequently pour the liquid into a plastic or paper cup in order to then transfer it into the torch. This leaves a cup with what appears to be lemonade or apple juice sitting in it making it an invitation for someone to mistakenly ingest the substance with a potentially disastrous outcome. Use a funnel to transfer the fluid; do not use drinking cups to transfer torch lamp oil from the storage bottle to the lamp, lantern or torch.
 - Do not cross-contaminate! Cooked foods should not be placed on any unwashed plates/containers that previously held raw meat, poultry, fish, or seafood.
 - Cold foods should be kept refrigerated when not being served. Do not let food sit out at room temperature for more than 2 hours.
 - Always use sunscreen. Use extra precaution in the sun when taking medications because some medications can increase the chance for severe sunburn even when using sunscreen.
 - Eliminate standing water that collects in birdbaths, buckets and containers, old tires, unused pools and roof gutters. Standing water is a perfect breeding ground for mosquitoes.
 - Keep all chemicals locked up, out of sight and reach of children and pets. Store all chemicals in their original, clearly-marked container; always use child-resistant caps.
 - Make sure all gardening, lawn care products, and pool products are stored in locked cabinets.
 - Do not pick plants/mushrooms to eat from your backyard or fields. Even experts are often fooled by look-alikes which are toxic.
 - Program the Poison Help line (800-222-1222) into your cell phone and post it near your home and office phones.

If an exposure occurs, it's good to know help is just a phone call away. If someone is unconscious, not breathing, seizing/convulsing, bleeding profusely, difficult to arouse/wake up, etc. call 911 immediately, otherwise call the NJ Poison Center at 800-222-1222.

While a quick web search may seem like an easy option, it is no substitute for calling the poison center and speaking with medical experts (doctors, nurses, and pharmacists). A mistreated exposure can escalate an easy-in-home treatment into a trip to the hospital. In the event of a poison exposure, every second counts so calling the poison center is the smart thing to do!! You may also chat or text in using our website, www.njpies.org.

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The NJ Poison Experts are always here to help with emergencies or questions involving medicines, chemicals, household products, environmental contaminants, plants, or other poisons. Help is available in over 150 languages; 24 hours a day, 7 days a week, every day of the year. Program the Poison Help line (800-222-1222) into your cell phone and post it near your home and office phones too. There are no silly questions and our health professionals are always available to answer a question, quell a fear, provide advice, or intervene to get emergency services on site and prepped to provide the needed protocol in the fastest response time. When in doubt, check it out by calling, texting, or chatting - Prevention is truly the best possible medicine. Follow us on Facebook (www.facebook.com/njpies) and Twitter ([@NJPoisonCenter](https://twitter.com/NJPoisonCenter)) for breaking news, safety tips, trivia questions, etc. BE POISON SMART! Share poison prevention tips with your family (including children), friends, and coworkers.

Real People. Real Answers.

As of July 1, 2013, New Jersey Medical School will become part of Rutgers, The State University of New Jersey.

About NJPIES

As New Jersey's only poison control center, the New Jersey Poison Information & Education System provides information on poison prevention and treatments. Chartered in 1983, NJPIES provides free consultation through telephone hot line services and the Web. Medical professionals such as physicians, registered nurses and pharmacists offer confidential advice regarding poison emergencies and provide information on poison prevention, drugs, food poisoning, animal bites and more. These specialists are available 24 hours a day, seven days a week.

NJPIES coordinates state poison education and research and is designated as the regional poison center by the New Jersey Department of Health and Senior Services and the American Association of Poison Control Centers. It tracks incidences of adverse reactions to food, drugs and vaccines in order to monitor potential public health issues and provide data to the U.S. Food and Drug Administration and the Centers for Disease Control and Prevention. A division of the Department of Preventive Medicine and Community Health of the New Jersey Medical School of the University of Medicine and Dentistry of New Jersey. NJPIES has a state-of-the-art center located on the school's Newark campus.

New Jersey residents seeking immediate information about treating poison emergencies, and those with any drug information questions, should call the toll-free hot line, **800-222-1222**, any time. The hearing impaired may call **973-926-8008**. For more information, visit www.njpies.org.

About UMDNJ

The University of Medicine and Dentistry of New Jersey (UMDNJ) is New Jersey's only health sciences university with more than 6,000 students on five campuses attending three medical schools, the State's only dental school, a graduate school of biomedical sciences, a school of health related professions, a school of nursing and New Jersey's only school of public health. UMDNJ operates University Hospital, a Level I Trauma Center in Newark, and University Behavioral HealthCare, which provides a continuum of healthcare services with multiple locations throughout the State.

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