

Teen Jeopardy! Presenter's Guide

I. INTRODUCTION- (to be read aloud)

What would you do if you were babysitting a 3 year old, and discovered he had just gotten into some medicine left out on the kitchen counter? What would you do if you breathed the fumes from a garden pesticide and then felt sick? What would you do if you accidentally took the dog's heartworm pill instead of your daily vitamin?

In each of those situations, some people might rush to a hospital emergency department, some might try to call their doctor or 9-1-1, and some might turn to the internet for answers. Today we are going to learn about a different resource for help when a person may have been exposed to something harmful. You can call your local poison center, or "poison control." Often, the poison center will be able to help you manage the situation at home, without having to see a doctor. This saves money, time, and worry. The poison center also saves lives, because they are the poison experts and they know what to do...and what NOT to do!

NOTE: If someone is not breathing, having a seizure, or will not wake up: **call 9-1-1 to get that person emergency medical care as soon as possible.** But in all other cases, call poison control.

Poisoning is preventable. We are going to play a game to learn about how to prevent poisoning. I've divided you into two teams. Every person will get a turn to try and guess the answer to a poisoning prevention question. When it's your turn, you can ask your teammates for advice, but you have to be the one who gives the final answer. If you guess the answer right, you win those points for your team! If you guess wrong, you do not win any points. But you will still have gained knowledge that may someday save a life. Now—let's play POISON JEOPARDY!

II. A DESCRIPTION OF THE CATEGORIES: (to be read aloud)

- **Which is worse?** Choose the most dangerous scenario or the most poisonous substance.
- **Poisons in nature.** Questions about plants, animals, etc.
- **Potluck.** Anything goes!
- **Keep them safe.** Questions about protecting young children from poisoning.
- **Choose wisely.** Questions about substances of abuse.

WHICH IS WORSE?

POINTS	ANSWER	DISCUSSION
100	B. Alcohol Poisoning	According to the American Association of Poison Control Centers (AAPCC), there are approximately 50,000 cases of a bite or a sting from a venomous animal (snake, spider, etc.) reported each year. However, an average of <u>less than 6</u> of those victims end up dying from their bite or sting. In contrast, the U.S. Centers for Disease Control and Prevention (CDC) reports that approximately <i>6 people a day</i> die from alcohol overdose. While many adults can enjoy moderate amounts of alcohol safely, accidental overdoses are a leading cause of poisoning. And alcohol is particularly dangerous to young children, even in very small doses. [photo: Amy Winehouse, a singer/songwriter who died from alcohol overdose in 2011.]
200	D-- One bottle MiO Energy.	<p>One serving of MiO is supposed to be ½ teaspoon mixed with water. However, some people use way too much. If someone goes through an entire bottle of MiO in just one day, that would mean they ingested 1,080 mg of caffeine. That is like drinking about seven 16 oz. lattes or Monster brand energy drinks.</p> <p>Too much caffeine can cause nausea, vomiting, trembling, difficulty sleeping, and dangerous changes in heart rhythm. Though rare, cases of extreme overdose could cause seizures and even death. This happened in 2014 when an Ohio teen purchased some powdered caffeine from the internet and misunderstood how concentrated it was before consuming a deadly amount (one teaspoon contained as much caffeine as 25 cups of coffee).</p>
300	A—Oil of wintergreen	<p>Oil of wintergreen contains an ingredient that is a form of aspirin. The aspirin level is highly concentrated. A deadly aspirin overdose could result if oil of wintergreen is swallowed. In fact, as little as one teaspoon could be deadly to a small child. Many other essential oils are poisonous, too, and should always be kept out of the sight and reach of children.</p> <p>Swallowing one spoonful of household laundry bleach would likely cause minor mouth & throat irritation and stomach upset at worst. It would not be considered a toxic dose.</p>
400	B – Drain clog remover.	<p>One swallow of liquid fabric softener may cause an upset stomach or vomiting at worst. Acetic acid 5% sounds like a dangerous chemical, but it is actually regular (“food grade”) vinegar. Drain clog remover, however, is a very toxic chemical which is <i>caustic</i>, meaning it can cause chemical burns instantly on contact. If someone swallowed drain clog remover, it could result in burns to the mouth, throat, esophagus, and stomach. This type of injury could be fatal.</p> <p>Transferring harmful products into containers that look like food or drink is dangerous, and is a leading cause of poisoning accidents. It’s easy to make a mistake!</p>
500	A—drinking 20 ounces of soy sauce.	<p>This question is based on a real-life case in which a college student drank an entire bottle of soy sauce on a dare, to join a fraternity. This resulted in an overdose of sodium...also known as <i>salt poisoning</i>. His friends took him to the emergency department when he began having seizures. He remained in a coma and very sick in the intensive care unit for several days and nearly died. With excellent care he did eventually recover fully.</p> <p>Almost any substance could be poisonous if too much of it gets into the body. You can overdose on substances that are normally harmless in smaller amounts, such as ordinary salt.</p> <p>Surprise! Silica gel desiccant is <u>not</u> poisonous. It could be a choking hazard, however, especially to children. That is why it says DO NOT EAT in big letters on the package. But it won’t make you sick.</p>

POISONS IN NATURE

POINTS	ANSWER	DISCUSSION
100	A - Just stay calm and go to the nearest hospital.	Many people find snakes fascinating...or creepy. Snakes often appear in suspenseful or scary movies and TV shows. A bite is a medical emergency, usually resulting in much pain and swelling, and victims should seek care. But don't believe everything you see on film! A lot of snakebite "first aid" we see in movies or TV shows is wrong. The following measures have been studied and shown NOT to help snakebite victims. In fact, these could even do more harm. DO NOT: Use a tourniquet, Cut the wound, Use any form of suction, Apply ice, Give the victim drugs or alcohol, Try to catch, kill, or photograph the snake. The healthcare provider does not need to know what kind of snake bit someone in order to treat them. The most helpful thing you can do for a snakebite victim is keep them calm and help them get to emergency medical care. Bites from a U.S. snake are rarely fatal.
200	True	<p>Many spiders do not have jaws that are strong enough to pierce human skin. This is true of the male Black Widow Spider.</p> <p>Black widow spiders are very common all across the United States. And yet, bites are not that common because the spiders rarely leave their web and only bite if they feel threatened. Black widow spider venom is a neurotoxin, meaning it acts on the nervous system. Bites are painful, but rarely fatal. When in spider habitats (dark, undisturbed places like crawlspaces, barns and sheds, firewood piles, etc.) watch where you put your hands and feet!</p>
300	No	Just because something is 'natural' does not mean it is safe. Many medicines, cleaning products, pesticides, and other products are made with ingredients found in nature which could poison you under the right circumstances. Some people believe you cannot be harmed if you ingest or smoke something 'natural' in order to get high. In 2016, a college student died after drinking a homemade poppy seed tea that he thought would be a harmless hallucinogen. Eating small amounts of poppy seeds will not hurt you. But if you eat (or drink) a huge amount they could make you very sick or even kill you.
400	A- Apply vinegar to your foot.	Despite popular myth, urine does not help with stings from stingrays, jellyfish, or any other animal. Don't get medical advice from TV or movies! [photo: In this episode of Friends, Monica was stung by a jellyfish and Joey urinated on her leg to relieve the pain. In real life, this does not work.] Vinegar will help relieve the pain. Some beachfront lifeguards keep vinegar in their first aid kit.
500	C – Men.	Snakes only bite as a last resort when they feel threatened. This can happen when someone does not see the snake and accidentally gets too close. It can also happen when someone is teasing the snake or trying to catch or kill it. Statistically, more men than women are bitten by snakes. This might be because of differences in how men and women, in general, behave around snakes.

POINTS	ANSWER	DISCUSSION
100	B – Depression and suicide	<p>Studies show that marijuana use affects the teen brain differently than the adult brain. This is because the brain is still growing and developing into our early 20’s.</p> <p>The following have been linked to marijuana use by teens, especially if they use it regularly: Psychotic disorders including schizophrenia, depression, anxiety disorders, etc.; Thoughts and acts of suicide; Problems with attention, memory, and problem-solving skills; & Poor school achievement. Effects may last a long time or even be permanent.</p> <p>Teens are 4-7 times more likely than adults to develop an addiction to marijuana.</p>
200	B-- Call the Virginia number. It’s the same.	<p>1-800-222-1222 is a national hotline number that is the same everywhere in the U.S! It is always a free call. (This is a map of all of the U.S. poison centers. <i>Many poison centers; but only one number.</i>)</p>
300	A. Nurses and doctors with special training in handling poisonings.	<p>Callers get immediate help with their concerns, day or night. In fact, other nurses and doctors often reach out to the poison center for advice in treating their own poisoned patients.</p> <p>(Photos): Here are a few of the Blue Ridge Poison Center’s nurses and doctors. Call them if you need to: they are smart, and friendly, and eager to help you!</p>
400	False	<p>There is a website you can visit at www.PoisonHelp.org. Fill out a form about your situation and get immediate answers. FREE!</p>
500	A— Contact the doctor.	<p>Medicine, both over-the-counter and prescription, can help us recover from injury or illness when taken according to directions. Many people do not think of medicine as poison. However, medicine can be poisonous if we take too much, take it the wrong way, or if taken by the wrong person. It is very important to follow the dosing instructions on all your medicine labels. More is not better!</p> <p>Actor Heath Ledger died from an accidental overdose of his own prescription medicine. The CDC reports one person dies from an opioid overdose every 11 minutes.</p>

KEEP THEM SAFE

POINTS	ANSWER	DISCUSSION
100	B-- Keep all products stored out of their sight and reach.	Children are curious. They learn about the world by touching & tasting everything, and by copying adults. They do not know what can harm them. There is no such thing as a childproof container. Given enough time, many children can figure out how to open containers – especially if they have watched an adult do it first. Child resistant caps do help, but they aren't enough on their own. Keep all medicines and household products up high, out of the sight and reach of children.
200	No	Forcing someone to throw up does not help and could be dangerous. Instead: call the poison center right away for immediate advice on what to do.
300	B— Swallowing a teaspoon of e-juice.	<p>If the e-juice contains nicotine, one teaspoon is enough to cause serious harm and even death in a small child. Nicotine is very poisonous. Cigarettes, cigarette butts, cigars, and other sources of tobacco can also be dangerous to swallow because of their nicotine content.</p> <p>Despite their bad reputation, poinsettias are not poisonous to people.</p>
400	A - Hearing aids.	This is because of the button batteries inside. Small, shiny button batteries (also called 'disk batteries') are attractive to children. They can cause burns to the throat and esophagus if swallowed and then become stuck. The photos on the slide show what happened to a hot dog after a button battery was placed inside for only 3 hours. Do you see the burns? Imagine if this was a child's throat!
500	R—The pills are on the right.	Pills and candy look very similar. Young children cannot tell the difference. Never encourage a child to take their medicine or vitamins by calling it "candy." That approach may make it easier to get them to swallow it, but it may lead to a poisoning later. Tell children that medicine is medicine, and that only trusted adults can give medicine to them. Also keep all medicines and vitamins stored up high, out of the sight and reach of children. Guests may bring their medicines with them into your home, so give guests a safe place to store personal belongings.

CHOOSE WISELY

POINTS	ANSWER	DISCUSSION
100	No	The medicine will not work the same way if Abby takes them, and she could have harmful side effects. Sharing pills is dangerous. Sharing prescription medicine is also illegal.
200	False	<p>There are more than 30 identified chemical ingredients known to be in the aerosol produced by an e-cigarette or other vaping device. Here are some of them: Heavy metals such as lead, nickel, and tin; Formaldehyde (a chemical used to preserve dead bodies); Carcinogens linked to cancer; Diacetyl, a flavoring chemical linked to a disease called ‘popcorn lung’; Ultra-fine particles; Volatile organic compounds; & Nicotine, an addictive chemical that harms the developing brains of children and teens.</p> <p>E-cigarettes and vapes have only been around since 2011. Many studies are underway, but we still don’t know exactly what these ingredients are doing to our bodies. Scientists have not had enough time to see the long term effects.</p>
300	D—All of the above	<p>Some people think designer drugs like Spice, K2, and bath salts are safe because they are made with “natural” ingredients. In fact they contain chemicals manufactured by criminals in secret labs and have never been tested for safety. These drugs have been responsible for many hospitalizations and deaths. Here are some common side effects reported: Agitation, panic attacks; Extreme paranoia; Frightening hallucinations; Dangerously elevated blood pressure, temperature, and heart rate; Violent episodes; Harm to self or others; Mental illness that was not there before.</p> <p>Note: Side effects can last for days, and they can re-occur months later with no warning.</p>
400	True	One JUUL pod of any flavor contains 5% nicotine, and lasts for about 200 puffs, according to the manufacturer (www.juul.com). This is equivalent to one entire pack of cigarettes. According to a study by The Truth Initiative, 63% of Juul users do not know that all Juul pods contain nicotine. (www.truthinitiative.org). Nicotine is very addictive and harms the brain.
500	C- This is not possible.	Manufacturers of designer drugs-- like molly and others-- are criminals operating in secret labs. They change the recipes often to stay ahead of new laws banning the products. They also sneak other, cheaper ingredients into their product as fillers to increase profits, including cough medicine, cocaine, fentanyl (a deadly opioid), and rat poison. Products are never tested for safety or even for how they will affect people. You cannot tell the purity, strength, or ingredients of any illicit drug or black market pill just by what it looks like, by the reputation of the seller, or because you purchased a similar product before. When you use any pill or substance purchased illicitly, you have NO IDEA what you are really getting. Even if you do have ‘pure’ molly it is not safe to take. Side effects from Molly (and ecstasy) may include nausea, muscle cramps, involuntary teeth clenching, blurred vision, chills, a spike in body temperature that could result in dehydration, liver, kidney, or heart failure or even death.

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