

# Adult Poisoning Prevention TOOLKIT

Free education resources for instructors and community leaders working with college students, adults, or senior adults.



Blue Ridge Poison Center at UVA Health  
Serving central, northwest, and southwest Virginia since 1978





# Did You Know?

Poisoning is a leading cause of emergency department visits and injury deaths in the U.S. Most poisonings happen in the home from exposures to medicines or to common household products. All ages are at risk.

## Poisoning is Preventable! You can help:

- Use this toolkit to **teach others** about poison safety.
- **Order free materials** to distribute in your community.
- **Invite us** to speak to your group in person or virtually.

Most of our resources are on-demand and/or ideal for virtual learning. Need something different? Have an idea or a question? Contact:

Kristin L. Wenger, MA, BS

Education Coordinator

Blue Ridge Poison Center at University of Virginia Health

KLW2S@UVAHEALTH.ORG or 434-982-4386





# OTC Medicine Safety: E-Learning Course

It is estimated that half of all adults cannot properly read and understand a medicine label. This can result in giving or taking the wrong dose, drug interactions, and adverse effects.

Assign this interactive self-guided virtual lesson about preventing poisoning from over-the-counter medicines.

Running time: approximately 15 minutes.

Participants will be able to print or download a certificate of completion at the end.

## Over-the-Counter Medicines: Avoiding Common Mistakes

After this presentation, you will be able to:



- 01** Define all 6 parts of a Drug Facts Label.
- 02** Use a Drug Facts Label to avoid harm from over-the-counter medicines.
- 03** Identify the Poison Center as a source of help in case of a medicine mistake.

# FREE MATERIALS

It's important to keep the toll free Poison Control number nearby so you can find it quickly in an emergency. We offer **magnets, stickers, and wallet cards** to help everyone do that. Order in bulk:

- Distribute to your class or group.
- Place on your health fair table.
- Insert into conference-attendee goody bags.

We also have a variety of **posters** suitable for hanging on bulletin boards, kiosks, or in other public places.

Please allow at least 3 weeks for your order to arrive.

To order, [visit our website](#) and choose "Free Materials" from the menu.





# HANDOUTS

Our website contains a library of ready-to-print handouts, flyers, and fact sheets. Feel free to copy, print, post, or share in any way. Below are some of our most popular.

[Home Safe Home: A Checklist \(large print\)](#) In English [or Spanish](#).

[Personal Medicine Tracker](#)

[Got a Preschooler? Poisoning Prevention Tips for Parents & Caregivers](#)

[Fake Pills and the Dangers of Fentanyl](#)

[Tips for new parents: English](#) [also in [Spanish](#)]

[Alcohol Poisoning Prevention](#)

[The Socrates Project: Poisonous Plants in Virginia](#)

[The Cleopatra Project: Poisonous and Venomous Animals in Virginia](#)





# CANNABIS

In the past couple of years, calls to U.S. poison centers about cannabis have skyrocketed.

The Blue Ridge Poison Center provides un-biased, evidence-based information about cannabis and cannabis products so that adults can make informed decisions about their own health and protect the health and well-being of youth.

Visit our [Cannabis Information and Resources webpage](#) for handouts, quiz games, news items, research articles, and more.





# VIDEOS

The [BRPC YouTube channel](#) offers videos and webinar recordings. Below are some favorites for adult audiences. New videos are routinely added so check back often!



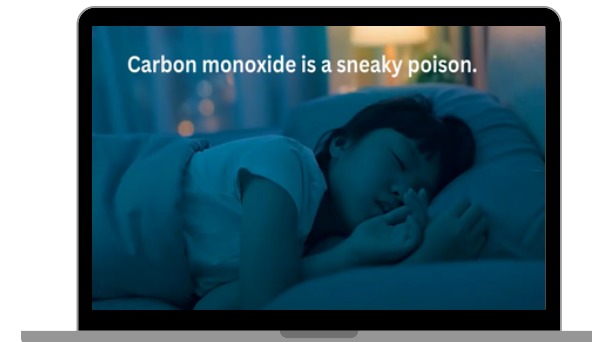
**Got Venom? Venomous Snakes of VA**  
Length: 13 minutes



**Holiday Poison Dangers**  
Length: 3 minutes



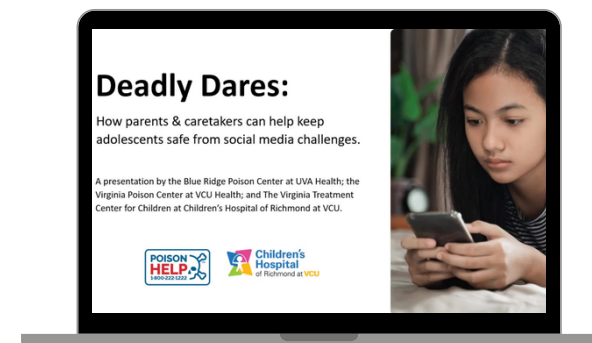
**Prevent Childhood Poisoning:  
5 Surprising Dangers.** Length: 25 mins.



**Carbon Monoxide is a Sneaky Poison**  
Length: 3 minutes



**Poison Smarts: Prevention Tips for All**  
Length: 25 minutes.



**Deadly Dares: How Parents & Caretakers  
Can Help Keep Adolescents Safe from  
Social Media Challenges.** Length: 21 mins

# Kahoot!

Looking for a fun, interactive activity for your group? Try Kahoot; a game-based learning platform. We've developed several games on poisoning prevention topics. You'll need a computer, projector, screen, and a Kahoot account. Free accounts are available; visit [www.kahoot.com](http://www.kahoot.com) for detailed instructions.

- [Toxic Trivia for Teens & Adults](#)
- [Vaping and Nicotine: How Much Do You Know?](#)
- [Cannabis: What Parents & Caretakers Need to Know](#)
- [Got Venom? Avoiding Harm from Virginia's Snakes](#)
- [Holiday Poison Trivia Game](#)
- [Poison Trivia: Test Your Knowledge!](#)



## Toxic Trivia for Teens (and adults): A Not-So-Trivial Quiz Game

Kahoot in progress

No deadline [View kahoot info](#) 6

154 plays • 1.5k players



Host live

Assign

Play solo

A fun way to learn about [#poisoning](#) [#prevention](#) and [#poison](#) [#safety](#) for [#teens](#) in health class. Good for adult... [SHOW MORE](#)

A public kahoot



Kristin\_at\_BRPC

Updated 3 years ago



## Don't Miss Out:

- Be aware of emerging or seasonal poisoning concerns.
- Be the first to know about new educational resources.
- Stay up-to-date on the latest trends in substances of abuse.

[SUBSCRIBE TO OUR NEWSLETTER](#)

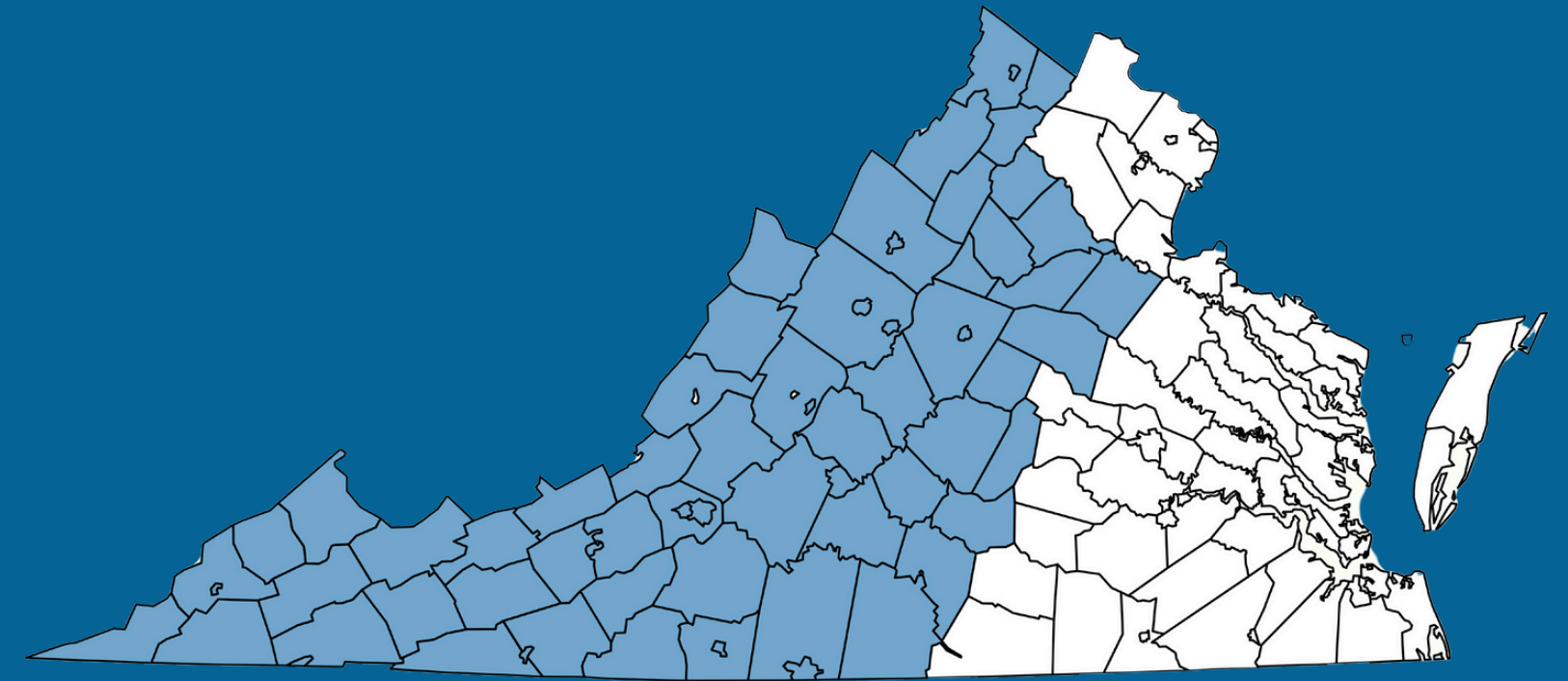
Delivered to your inbox. Four issues per year.  
Read [our latest issue](#).





# About Us:

The Blue Ridge Poison Center is staffed by healthcare providers with additional training in managing poisoning exposures from all sources. We also answer non-emergency questions about poisoning. Our service area includes all of the cities & counties shaded blue on this map of VA.



Call **1-800-222-1222** any time of the night or day. FREE AND CONFIDENTIAL. Scan this image to save that number into your smartphone. *Save the number, save a life.*

The Blue Ridge Poison Center is located in Charlottesville, VA. We are affiliated with University of Virginia Health, who provides most of our operational support. We also receive funding from the Virginia Department of Health and the Health Resources Services Administration (HRSA). We are certified by America's Poison Centers.

