



The New Jersey Poison Information & Education System

Serving New Jersey Since 1983

Designated regional poison center by New Jersey Department of Health and Senior Services and the American Association of Poison Control Centers

Dear Daycare Provider or Teacher:

Thank you for submitting a poison prevention program request to our office. Due to the overwhelming demand for educational programs the Education Department of the New Jersey Poison Information and Education System has developed a “*Preschool Poison Education Activity Packet*” that can be utilized to deliver accurate poison prevention information to the children in your care. The enclosed packet includes the following:

- ☐ Poison Prevention Lesson Plan
- ☐ Reinforcement Activity Ideas
- ☐ Poison Prevention Video Link
- ☐ Coloring Worksheet Set
- ☐ Spike activity picture
- ☐ Spike song lyrics
- ☐ Poison Prevention Patrol Certificate

Thank you for your commitment to keeping our communities safe from poisons. NJPIES’ Education Department is always available to address your poison prevention needs and concerns. For questions or further information feel free to call us at 973-972-9280 Ext. 160 or log onto www.njpies.org for more poison prevention information.

Sincerely,

NJPIES Education Department



140 Bergen Street, PO Box 1709, Suite G1600, Newark, NJ 07101-1709
Telephone: 973-972-9280 • Fax: 973-643-2679
www.njpies.org • www.facebook.com/njpies

NJPIES Preschool/Daycare Lesson Plan

GOAL: Introduce concept of poison prevention to preschool-aged students.

TIME: 25-30 minutes

OBJECTIVES:

By the end of this program, students will be able to:

- Define the word “poison” in their own words
- State that poisons can be anything and found anywhere
- Differentiate which items are safe and which are poisonous
- State the “Poison Prevention Golden Rule”
- Identify when to use “Ask First” rule
- Recite the Poison Help Hotline number

MATERIALS:

Spike Video
Crayons or colored pencils
Educational Materials (Take home)

ON DISC:

Poison Patrol Certificate
Coordinator Evaluation Form
Activity Sheets
Parent Letter
Poison Lookout Safety Checklist

ACTIVITY MATERIALS:

You have creative freedom with these activities. You can substitute clear pictures for items, or you can use baskets/containers for cardboard boxes.

- 2 Cardboard boxes: One marked with a “X” or NO and one with a checkmark (✓) or OK
- Unsafe Items: Use empty and cleaned containers for examples of poisonous items
 - Examples: Detergents, Cleaning products, Cosmetics, Perfumes, Mouthwash, Prescriptions /pill bottles, Cough Syrups, etc.
- Safe items
 - Examples: Toys, Stuffed Animals, Edible Items (fruit, vegetables, or candy).

CONTENT:

Part I. Introduction

Introduce yourself to the students. Explain to them that you are from the “Poison Patrol” and today you would like to make them Deputy Members of the Poison Patrol Team. Tell students that once they have learned about poisons, they will earn a poison patrol badge and certificate.

Part II. Identifying Poisons

Facilitate a discussion to help students define the word poison and identify some poisons. The following questions may be used:

Facilitator: What is a poison?

Common Student Responses: Poison Ivy, frogs, spiders, snakes.

Facilitator: Is a poison a good thing or bad thing?

Common Student Responses: A bad thing.

Facilitator: Why is it a bad thing? /How does it make your body feel?

Common Student Responses: Makes you sick, harms your body, it can kill you.

***Tip!** When students provide a response related to death, remind them that some poisons can be so dangerous to your body that they can kill you.

. Listen to a few responses and give a summarized definition.

“A poison is something that can hurt your body or make you sick if used in the wrong way. Anything can be a poison.”

Part III. How do poisons enter the body?

Facilitate a discussion to teach students how poisons may enter the body. Emphasize the four ways that poisons enter the body:

- **Eyes**—Anything entering the eye (i.e. sprays, powders, dust)
- **Nose**—Breathing (i.e., fumes from harsh cleaners, carbon monoxide)
- **Mouth**—Eating, drinking, tasting or swallowing (i.e., mouthwash, perfumes, medicines)
- **Skin**—Enters through pores or open wound (i.e., bites, stings)

Facilitator: Now let’s talk about how poisons can get inside our bodies. The first way is through your eyes. Raise your hands if you have ever gotten something in your eyes. Did it burn or did your eyes water? Well, that is one way. The other ways are through your nose if you smell something, through your mouth if you eat, drink, or taste something, and through your skin if you touch something.

Part IV. Safety Rules

Topic A: The “Poison Prevention Golden Rule”

Introduce the “**Poison Prevention Golden Rule**” by stating the following:

Facilitator: Since we know what a poison is and how it can hurt you, I’m going to tell you an important rule to help you stay safe. The best way to keep yourself safe from poisons is to follow the “Poison Prevention Golden Rule” that says:

If you see something and you don’t know what it is or you think it might be poison STAY AWAY! DON’T TOUCH it, DON’T TASTE it, and DON’T SMELL it.

***Tip!** Illustrate the “Poison Prevention Golden Rule” by pointing to your arm for touch, mouth for taste, and nose for smell.

Have students repeat the “Poison Prevention Golden Rule” at least three (3) times aloud. Emphasize that they should always ask a grown-up first before touching, tasting, or smelling things.

Topic B: The “Ask First” Rule

The “Ask First” rule reminds children to ask a grown-up before **touching eating, tasting, drinking, or smelling** anything. Ask students what they should do if they encounter anything unfamiliar. Emphasize that if they are not sure what it is, they should always “**Ask First**”.

Facilitator: If you see something around the house that you haven’t seen before you should ALWAYS “**Ask First**” before you **touch, eat, taste, drink, or smell it**. When you ask first you can help to keep yourself safe from poisons.

Part V. Spike Video

Watch the **Spike** video. The video introduces different common household poisons and identifies where they may be found. It also reminds students to ask a grown-up before touching, tasting, drinking, or smelling anything. After the activity, facilitate a discussion about the concepts explored in the video. Ask the following questions and listen to responses from the students.

Facilitator:

- What poisons did Spike find around the house?
- What happened to Spike’s quills when he saw something dangerous?
- If you see something and you don’t know what it is or you think it might be poisonous, what do you do?
Prompt student to say: “STAY AWAY” (Remember the hand action from the video).
- What is the “Poison Prevention Golden Rule”?
Prompt student to say: *If you see something and you don’t know what it is or you think it might be poison **STAY AWAY! DON’T TOUCH it, DON’T TASTE it, and DON’T SMELL it.***

Part VI. Reinforcement Activities

Choose one or two of the activities from the following. Choose an activity that will be most effective for students. Be sure to consider the size of the group and any time restrictions you may have.

Activity A: Look-Alike

Place two boxes in the front of the room. One box should be labeled with a bold red “X” or NO and the other with a bold green “check mark” (✓) or OK. Mix safe and unsafe items together in a separate box/bag. Pull out items one by one and choose a volunteer to place the item in the

appropriate box. Unsafe items are to be placed in the box marked with the “X” and safe items are to be placed in the check marked (✓) box.

****Tip! Motivate students by providing an incentive. When a student volunteers to put the item in a box and correctly places it, give them a prize, such as a gold star, bonus points, or sugar-free candy.***

Activity B: Worksheet

Choose one or two of the activity sheets from the sample copies provided. Distribute one to each student and provide them with crayons. Depending on their age, you may choose to either guide them through the activity or the students can do it independently and then go over it as a group.

Activity C: Poison Tic-Tac-Toe

Using a poster board or the black board, draw a tic-tac-toe grid. Place pictures of poisons and safe items in random order on the blackboard ledge, where they are all visible. Divide students into two teams: ***Poison Team X*** and ***Safe Team O***. Students will first differentiate the randomized items. Once they accurately make the distinction, they can try to use the items they identified to make a straight line (three in a row).

Part VI. Getting Help

Now that students can identify poisons, they should know what to do in case of an emergency. Introduce the New Jersey Poison Control Center as a place to call for poison help. They can call the Poison Help Hotline (1-800-222-1222) to help anyone, even pets. Show them the phone number and write it on the board. Repeat the number aloud several times with students.

Part VII. Review

Conclude the program by reiterating the following points:

- Poisons can be anything and found anywhere.
- A poison is something that can hurt your body or make you sick if used in the wrong way.
- The “Poison Prevention Golden Rule”
- The “Ask First” Rule
- Call the Poison Control Center in case of an emergency
- Repeat the Poison Help Hotline (1-800-222-1222)

Closing:

Tell the students that since they were so good and learned so much, that they will receive a Poison Safety Certificate as a reward. Let the students know that the teacher will pass out the certificates at a later time. Give the teacher a copy of the certificate that can be copied and

personalized for each student. The certificates can be used to decorate the student's desks, cubbies, or classroom bulletin board.

Reminders:

- Be sure to leave the teacher with educational materials and a copy of the "Parent Letter" included on the TNT supplemental disk for students to take home to parents/caregivers.
- Remember to have the Coordinator complete the Coordinator Evaluation Form.



Goals

- To teach young children to always ask an adult before touching, tasting, or smelling a potentially poisonous substance
- To teach adults how to prevent poisonings
- To teach adults to call the Poison Control Center immediately in case of a possible poisoning

Your Program At-A-Glance

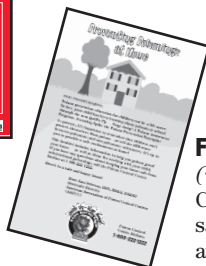
Video

Spike's Poison Prevention Adventure
An engaging 11-minute puppet show



Teacher's Guide

Includes poison prevention information and classroom activities



Family Take-home

(reproducible master)
Current need-to-know safety information for avoiding poisonings at home



Poison Control Stickers

(in quantity of 24)

An important reminder featuring the Poison Control Center Hotline number



Spike Paper Puppets

- For teachers: full color, laminated
- For students: black-and-white reproducible master

Educator Survey

A response card for sharing your comments and experiences



Sponsored by the American Association of Poison Control Centers (AAPCC)

Brought to you by your local Poison Center

24-hour Toll-free

Poison Control Center Hotline: 1-800-222-1222



Dear Teacher



You can play a vital role in educating your students about poison prevention. Young children are at greatest risk for unintentional poisonings – and that’s why we’ve created the *Quills Up – Stay Away! A Poison Awareness Program* — featuring Spike, the porcupine puppet. The program makes it easy and fun to teach this important topic.

Quills Up! includes a video and classroom activities as well as educational materials for parents/caregivers — because getting parents and other adults involved is critical to poison prevention. We’d like to hear how this program works for you, your students, and their parents, so please fill out and return the enclosed Educator Survey. When you return the card, you can tell us if you need more Poison Control stickers or other materials.

Thank you for joining us in helping to protect children and families from the threat of unintentional poisonings. Best of luck with the program.

Sincerely yours,

Rose Ann Soloway, BSN, MSED, DABAT
Associate Director
American Association of
Poison Control Centers (AAPCC)

Poison Prevention

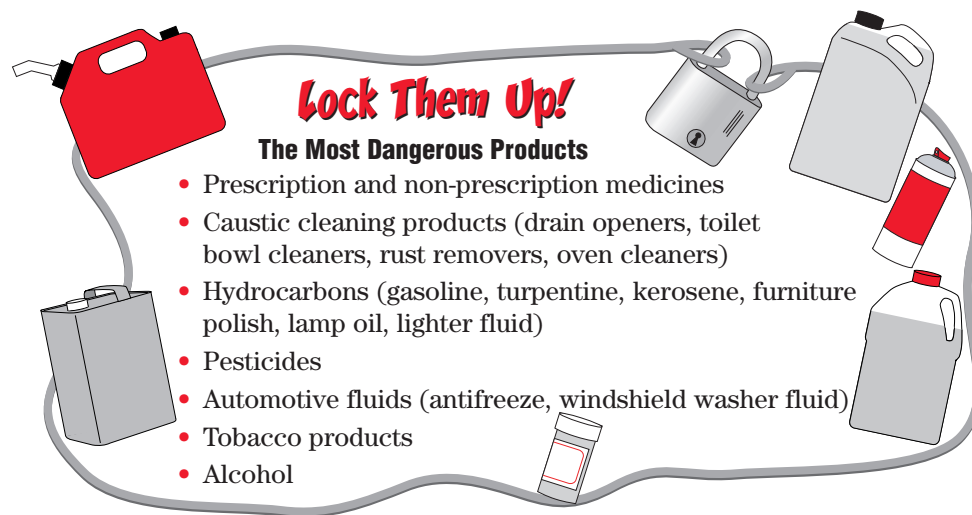
Poison prevention education can be a lifesaver – and through your classroom, you can teach important safety information. However, children can’t totally protect themselves from poisons or distinguish poisonous from non-poisonous substances. It’s up to adults – parents, teachers, and caregivers – to provide a safe environment! Here are the basics.

Household products are safe to use for the jobs for which they’re developed. However, some products can cause serious injury if they’re misused. Other products can make children and adults sick if misused. That’s why *all* products should be handled, used, and stored very carefully.

Likewise, medicines are safe to use as recommended — the right medicine, in the right dose, to the right person, in the right amount, and at the right time. Otherwise, medicines can be poisonous.

Poison Prevention Guidelines

- Always read labels before giving medicine or using household products.
- Don’t let children watch adults taking medicine.
- Call medicines – including vitamins – by their proper names. Do not refer to them as candy!
- Keep all medicines and household products out of the reach of young children.
- Use child-resistant packages – but remember that nothing is childproof!
- Identify the most dangerous poisons at home and lock them up in their original child-resistant packaging – out of sight and away from children (see below).
- Use cabinet locks and store potential poisons in high cabinets.
- Depending on your area of the country, poisonous plants, mushrooms, snakes, spiders, or scorpions might be potential dangers. Call your Poison Center at **1-800-222-1222** to learn about local hazards.



What to Do in an Emergency

Even in the safest home, poisonings can happen. Here’s an action plan if a poisoning occurs.

- If the **victim is unconscious**, not breathing, or having seizures, call 911 or your local emergency ambulance number.
- **Poisons in the eye:** rinse with running water for 15 – 20 minutes, then call the Poison Center at **1-800-222-1222**.
- **Poisons on the skin:** rinse with running water for 15 – 20 minutes while removing contaminated clothing, then call the Poison Center at **1-800-222-1222**.
- **Inhaled poisons:** get to fresh air, then call the Poison Center at **1-800-222-1222**.
- **Swallowed medicines:** call the Poison Center immediately at **1-800-222-1222**.
- **Swallowed substances** other than medicines: give a small amount of water or milk to drink, then call the Poison Center immediately at **1-800-222-1222**.

Your Poison Control Center Toll-Free Hotline

There's just one phone number you need to know for poison help or information — no matter where you are in the U.S.

1-800-222-1222

Post it prominently in your home, and make sure that caregivers, babysitters, and all family members know where to find the number in case of a poisoning.

This number will automatically connect you to an expert at the Poison Center in *your* area.

- The Poison Center helps people of all ages, not just children.
- The service is free and confidential.
- The Center can help callers who are hearing impaired or who speak languages other than English.
- The experts at your Poison Center can answer your poison-related questions — they'd rather prevent a poisoning than treat it!

Key Messages for Children

The *Quills Up!* Program is based on the important things children should know to prevent unintentional poisonings.

1. Stay away from areas at home that could contain poisonous items:
 - medicine cabinet
 - cleaning cabinet
 - kitchen and bathroom cabinets
 - garage
2. Never touch, taste, or smell something that could be poisonous, especially if you don't know what it is.
3. If you don't know what it is — stay away and ask a grown-up.
4. Tell a grown-up if you see something that could be dangerous.
5. If someone you know touches, tastes, or smells something that could be poisonous, tell a grown-up right away.
6. Help your parents and other adults put Poison Control stickers in easy-to-find places, like on the telephone.
7. Have an adult call the Poison Control Center immediately (**1-800-222-1222**) if you or someone else touches, tastes, or smells a poisonous item.



Teacher Tip

Watch for other “teachable moments” to further reinforce these concepts — such as when children have questions, or if you spot a potentially dangerous situation.



Spike's Poison Prevention Adventure

Overview

The video introduces the concept of poisonous products and/or things in our homes in a fun and entertaining way. Created as a Circle Time activity, it serves as the springboard for class discussion and activities.

Spike's Poison Prevention Adventure is a puppet show with a classroom of real children. Join Graham, the guitar-playing host, and his poison prevention pal, Spike the porcupine, as they tell a story and sing songs about poison prevention.

Suggested Materials

- Pictures of kitchen/bathroom cabinets, medicines, medicine cabinets, garages, bushes/berries.
- Video (Approx. 9 minutes)

Step-by-Step

1. Before showing the video, introduce children to the new concepts, words, and places in the video. Show pictures of kitchen/bathroom cabinets, medicines and medicine cabinets, garages, bushes/berries.
 - *Poison/Poisonous* – things that could hurt you if you touch them, taste them, or smell them. If I just look at a spider, it won't hurt me. If I touch it the spider can hurt/sting me — it can be *poisonous*. If I look at my mom's medicine, it won't hurt me. If I taste it, it could make me sick.
 - *Prevention* – making sure that something doesn't happen. If I leave my toys on the sidewalk, someone could trip over them and fall. If I put my toys away, I keep somebody from hurting themselves — I *prevent* a fall.
 - Places in the home where poisonous items might be found: kitchen/bathroom cabinets, medicine cabinet, garage, yard.
2. Tell the children that they're going to meet a new video friend who will tell you about his Poison Prevention Adventure — let's listen to his story!
3. View the video with the children.
4. *Option:* Present the *Sing Along with Spike* activity (page 6) after the video, or do it the next day.



Sing Along with Spike

Overview

Children learn the song from the video, reinforcing the key messages: *stay away from things that might be poisonous, and tell a grown-up if you aren't sure what something is.*

Suggested Materials

- *Stay Away* song from page 7.
- Teacher's full-color laminated puppet
Option: Glue a tongue depressor to one side of the puppet.
- Photocopies of the children's reproducible Spike puppets — 1 per child
- Tongue depressors — 1 per child
- Glue sticks or non-toxic glue, e.g., white glue

Step-by-Step

1. Have children make their puppets.

- Fold the puppet reproducible in half, with Quills Up on one side and Quills Down on the other.
- On the inside, glue a tongue depressor to one side.
- Glue the two sides together, keeping the tongue depressor between them.

2. Sing the Song

Have the children sing the song from the video, using the hand motions and/or puppets to act out the song.



The song is a great "wrap-up" for each of the activities!



Spike's "Stay Away" Song

(Sung to the tune of "If You're Happy and You Know It")



Verse I

If you don't know what it is,
Stay away! (*clap clap*)
If you don't know what it is,
Stay away! (*clap clap*)
If you don't know what it is,
find a grown-up right away.
If you don't know what it is,
Stay away! (*clap clap*)

Motions

Shake head; throw hands back in "hands off" motion; two claps



Calling motion with cupped hands



Verse II

If you think it might be poison,
Stay away! (*clap clap*)
If you think it might be poison,
Stay away! (*clap clap*)
If you think it might be poison,
find a grown-up right away.
If you think it might be poison,
Stay away! (*clap clap*)

Point to own head; repeat "hands off" motion; two claps



Calling motion with cupped hands



*Optional Verse

If [another child] has touched it,
Call for help. (*clap clap*)
If [another child] has touched it,
Call for help. (*clap clap*)
If [another child] has touched it,
find a grown-up right away.
If [another child] has touched it,
Call for help. (*clap clap*)

Point to a classmate; repeat "hands off" motion; two claps



Calling motion with cupped hands



Teacher Tip

** Insert children's suggestions in place of [another child], such as:*

- *Little brother or sister*
- *Friend*
- *Neighbor*
- *Classmate*
- *Cousin*



What's Safe, What's Not?

Note: this activity can be presented in one or two Circle Time sessions, depending on class schedules.

Overview

Part I

This Experience Chart activity is a review of the video – children use the Chart to show places where poisons might be found in their homes.

Part II

To expand the “What’s Safe, What’s Not” concept, the Chart is used to show the kinds of potentially harmful products that might be found in those places.

Suggested Materials

- Experience Chart, i.e., flip chart and paper, magnetic board, felt board, clothesline, etc.
- Markers, magnets, felt pieces, clothes pins, cellophane tape, or other appropriate item to write on or attach pictures to the Chart.
- 1 photocopy of childrens’ Spike puppet.
- Pictures of:
 - Places that may contain poisonous items (medicine cabinet, kitchen/bathroom cabinets, garage, yard, mom’s purse)
 - Items to be avoided (pesticides, gasoline, drain cleaners, plants/berries, mom’s purse, cleaning products, nail care products, medicines)
 - Places and products that are safe (stuffed animals, books, toys, blankets, bedroom, refrigerator, spoon, etc.)
- Draw or place a line down the center of the Experience Chart to clearly make two columns: Quills Up and Quills Down. Attach the appropriate Spike puppet picture to the top of each column.



Teacher Tip

Picture Options:

- Cut pictures from magazines/newspapers.
- Draw generic pictures of bottles/cans.
- Take photographs of a garage area, kitchen and bathroom cabinets, open medicine cabinet, yard bushes with berries, etc.
- Include local hazards, such as plants, mushrooms, etc., according to your Poison Center.

Step-by-Step

Part I — Places to Avoid

1. Ask: “What happens to Spike’s quills when he’s around something dangerous?” “What happens when Spike is around something that’s safe?”
2. Ask children to name places in their homes that may contain poisonous items. “What were some of the places Spike and Graham talked about in the video?” (kitchen cabinet, garage, yard, medicine cabinet, and mom’s purse).
3. As places are mentioned, have children attach appropriate pictures to the Quills Up column.

Part II — Things to Avoid

4. Discuss: “We’ve talked about places where dangerous items might be stored. What kinds of dangerous things might be stored there?” “What did Spike talk about?” (cans and bottles, mom’s purse, branch of berries, anything that you don’t recognize). “What are some other things that might be poisonous?” Let children respond. As products/items are mentioned, have children attach appropriate pictures to the Quills Up column.
5. “We have quite a few Quills Up things on our Chart, what are some things that might go on the Quills Down side?” As items are mentioned, have children attach pictures to the Quills Down column.
6. Review the Chart by asking:
 - “What should you never do if you see something that could harm you?” (Never touch it, taste it, or smell it). “What should you do if you see something that could harm you?” (Tell a grown-up right away.)
 - “What should you do if someone else — like your brother, sister, or friend — touches, tastes, or smells something that might be poison?” (Tell a grown-up right away.)
7. Post the Experience Chart in the classroom, and review it periodically. Let children add other pictures as they think of them.



Can Good Things Be Bad for You?

Overview

The concept of medicines is confusing – if they make us feel better, how can they be poisonous? This activity will help children understand that if misused, even good things can be poisonous.

Suggested Materials

- Pictures of medicines: children's vitamins, cough medicine, pain relievers, and prescription drugs
- Option: Include empty or “pretend” bottles. Never bring medicines into the classroom!
- To illustrate pills, use small and large balls: 4 – 6 small balls (golf ball size, at least 2 different colors), 1 large ball (tennis ball size)

Step-by-Step

1. At Circle Time, hold up pictures and/or empty medicine and vitamin bottles — ask what each one is. “Does anyone take vitamins or medicines? Are they good for you? Why?”
2. “Can medicine ever be bad for you?” Give children **clues**, pretending that the balls are medicine.
 - The doctor tells your mother to give you one pill a day (show small ball). What if you take three, or four, or more pills (show small balls)? *(The doctor gives you just the right amount of medicine to take. If you take that amount it will make you well. If you take too much, it can make you sick.)*
 - What if you take an adult's medicine by mistake (large ball) instead of your medicine (small ball)? *(The doctor gives you just the right amount for your size. An adult's medicine might be too strong for you.)*
 - What if you take your (sibling, friend, etc.) medicine (small colored ball) instead of your medicine (small ball different color)? *(The doctor gives you the just the right kind of medicine to make you well. Another person's medicine that's not made for you could make you sick.)*
3. “Do you remember what Spike said about taking medicine or vitamins?” *(Always have an adult help you take any kind of medicine.)*

Parent Alert!

- Nearly half of all poison exposures are due to medicines.
- Iron in adult-strength iron supplements and vitamins is the leading cause of poisoning death in children.
- Even non-prescription medicines, such as cough and cold medicines and pain relievers, can cause poisoning if used in the wrong way, by the wrong person, or in the wrong amount.



Quills Up or Quills Down?

Overview

In this activity, children will choose the appropriate side of their Spike puppets to respond to items the teacher shows. This is a fun review as well as an evaluation activity.

Suggested Materials

- A large bag or box containing *pictures* or *photos* of:
 - **Potentially poisonous items***: pesticides, gasoline, medicines, etc.
 - **Non-poisonous items** (can be actual items): a child's blanket, sponge, washcloth, toys, milk, fruit, vegetable, spoon, fun things that children use and see every day.
- Keep the bag or box closed until class time.
- Children's Spike puppets (see “Sing Along with Spike,” page 6) – 1 for each child
- Poison Control Center Toll-free Hotline stickers – 1 for each child
- Photocopies of Family Take-homes – 1 for each child

* Never bring potentially poisonous items into the classroom.

Step-by-Step

1. At Circle Time, tell children that you have some items in your bag/box and you need help to figure out whether they're dangerous or safe. Will everyone help?
2. One at a time, pull pictures or items from the bag/box and show them to the class. Have the children use their puppets to demonstrate Quills Up or Quills Down.
3. Now that the children are “poison safety experts,” ask them to share what they've learned with their parents, families, and friends.
 - Show the Poison Control Center Hotline stickers and ask them what the number is for.
 - Have children use the stickers and Family Take-homes to teach their families about poison prevention. They can help their parents/caregivers put the stickers in a very visible place, like on the telephone.
 - Review the Family Take-homes and stickers with parents as they pick up their children.



Parent Involvement

Overview

Present a poison prevention program for Parent's Night.

Suggested Materials

- Poison Control Center Hotline stickers — 1 for each family
- Photocopies of Family Take-home — 1 for each family
- Samples of cabinet safety locks. (Local hardware stores or children's stores may be willing to donate these.)
- Video (optional)

Step-by-Step

1. At Parent's Night, explain that you're teaching poison prevention to the children, and that parents are the most important part of preventing poisonings at home.
2. *Option:* show the video.
3. Distribute the Family Take-home and review actions the parents/caregivers can take to prevent poisonings. Be sure to highlight safety locks in the discussion. Show some examples and answer questions.
4. Give each parent a Poison Control Center Hotline sticker to take home and put in a prominent place (such as on the phone). Suggest that they have their child help them place it!
5. Explain that parents should call the Poison Center immediately in case of a possible poisoning: **1-800-222-1222**.

Resources

- For more information on poison prevention, visit **www.1-800-222-1222.info** and **www.aapcc.org**
- Need additional materials with the emergency phone number? Contact your Poison Center educator. Find the educator's name and number at **www.aapcc.org**. If you don't have web access, call your Poison Center at **1-800-222-1222** and ask to speak to the educator.
- The butterfly and porcupine puppets in the video were based on original puppets from Folkmanis, Inc., Emeryville, CA. The porcupine was slightly altered for the video production.
- To order puppets, or for more information, visit www.folkmanis.com. For quantity educational discounts, call (510) 658-7677.



American Association of Poison Control Centers

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Directions: Color each picture of Spike the porcupine. Fold the paper in half. On the inside glue a popsicle stick to one side. Glue two sides together keeping the stick between them.

It's OKAY!!!!!!



Stay AWAY!!!!!!



UMDNJ
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New Jersey Poison Control Center

Is Hereby an Official Member of the

Spike Safety

Poison Patrol

Having successfully completed a Poison Prevention lesson at

Name of school/organization

Teacher Signature

Date

POISON
Help
1-800-222-1222





The New Jersey Poison Information & Education System

Serving New Jersey Since 1983

Designated regional poison center by New Jersey Department of Health and Senior Services and the American Association of Poison Control Centers

NOTICE

Videos can be viewed by logging onto:

www.njpies.org

Scroll down the page and find the following section:

“Download Spike’s Poison Prevention Adventure Video”

Select the [Broadband](#) or [Dial-up](#) options to view the video.

Thank you.

Stop and Think!

Never put anything in your mouth
that might not be safe to eat or drink!



Find the things that are NOT safe to eat or drink, color them red, along with the Stop sign. Then draw a line to connect these things to the Stop sign. Then color the rest of the picture any way you like.



FIND AND CIRCLE THE WORDS IN
THE PUZZLE BELOW WHICH MAY
BE HARMFUL TO YOU.

O	I	L	C	D	R	U	G	S	B
A	N	T	I	F	R	E	E	Z	E
L	P	P	G	A	S	E	S	M	R
C	L	E	A	N	E	R	P	O	R
O	A	R	R	A	B	J	I	T	I
H	N	F	E	C	L	Y	D	H	E
O	T	U	T	L	E	F	E	B	S
L	S	M	T	E	A	M	R	A	B
P	R	E	E	A	C	T	S	L	G
N	T	D	S	D	H	X	I	L	O
M	U	S	H	R	O	O	M	S	Z

WORD LIST

Alcohol	Antifreeze
Berries	Bleach
Cigarettes	Cleaner
Drugs	Gases
Lead	Mothballs
Mushrooms	Oil
Plants	Spiders
Perfume	



NEW JERSEY POISON INFORMATION
AND EDUCATION SYSTEM
201 Lyons Avenue
Newark, New Jersey 07112

1-800-222-1222

Name: _____

Date: _____

Directions: Fill in the missing words in these important Poison Safety Facts and Tips. Then find the missing words in the Poison Puzzle.

"Poison Puzzle Words"

- ✓ Never call MEDICINE _____ (1).
- ✓ Always remember to " _____ (2) _____ (3). "
- ✓ Poison can enter your body through your _____ (4) when you breathe.
- ✓ A _____ (5) is anything that can harm you if you touch it, taste it, or breathe it.
- ✓ The Black Widow is a poisonous _____ (6) that has a red hour glass shaped mark on its body.
- ✓ A poison can enter your body through your _____ (7) if you touch it.
- ✓ You might find the Timber Rattle _____ (8) slithering about here in New Jersey
- ✓ _____ (9) is the name of my local Poison Center.
- ✓ A poison might enter your body through your _____ (10) if you eat or drink it.
- ✓ Always ask an _____ (11) before touching or tasting anything.
- ✓ A poison might enter your body through your _____ (12) if it splashes on your face.

Name: ANSWER KEY

Date: _____

Directions: Fill in the missing words in these important Poison Safety Facts and Tips. Then find the missing words in the Poison Puzzle.

"Poison Puzzle Words"

- ✓ Never call MEDICINE candy (1).
- ✓ Always remember to "ask (2) first (3)."
- ✓ Poison can enter your body through your nose (4) when you breathe.
- ✓ A poison (5) is anything that can harm you if you touch it, taste it, or breathe it.
- ✓ The Black Widow is a poisonous spider (6) that has a red hour glass shaped mark on its body.
- ✓ A poison can enter your body through your skin (7) if you touch it.
- ✓ You might find the Timber Rattle snake (8) slithering about here in New Jersey
- ✓ NJPIES (9) is the name of my local Poison Center.
- ✓ A poison might enter your body through your mouth (10) if you eat or drink it.
- ✓ Always ask an adult (11) before touching or tasting anything.
- ✓ A poison might enter your body through your eyes (12) if it splashes on your face.

Name: _____

Date: _____

Directions: Fill in the missing words in these important Poison Safety Facts and Tips. Then find the 12 missing words in the Poison Puzzle.

Words may be horizontal, vertical, diagonal or backwards. Good Luck!

"Poison Puzzle"

U	I	S	O	N	Y	A	B	C	U	Q	S	D	Z	I
U	R	E	E	I	Q	D	H	F	R	W	C	V	C	W
H	S	K	M	Y	G	U	C	S	G	M	V	P	V	P
D	W	A	T	B	E	L	N	N	J	S	F	P	V	H
A	G	N	D	N	S	T	Q	U	Q	H	G	G	L	L
G	C	S	P	I	G	C	A	Z	G	C	E	S	O	N
P	Z	W	K	K	T	G	S	N	A	G	L	W	D	F
C	K	A	L	S	I	E	K	N	H	V	P	N	J	K
U	Q	Z	I	G	I	M	D	A	F	I	R	S	T	S
I	T	J	N	P	J	Y	O	M	B	E	A	X	A	U
Z	V	A	J	O	U	E	Y	U	X	L	I	F	C	L
Z	N	N	T	Z	S	D	A	N	T	Y	R	M	H	M
S	U	I	S	I	B	I	K	L	X	H	N	P	T	M
S	R	E	D	I	P	S	O	K	I	M	S	R	O	W
O	I	R	U	J	A	M	K	P	Z	N	V	G	G	S

1. _____

7. _____

2. _____

8. _____

3. _____

9. _____

4. _____

10. _____

5. _____

11. _____

6. _____

12. _____

Name: ANSWER KEY

Date: _____

Directions: Fill in the missing words in these important Poison Safety Facts and Tips. Then find the 12 missing words in the Poison Puzzle.

Words may be horizontal, vertical, diagonal or backwards. Good Luck!

"Poison Puzzle"

U I S O N Y A B C U Q S D Z I
 U R E E I Q D H F R W C V C W
 H S K M Y G U C S G M V P V P
 D W A T B E L N N J S F P V H
 A G N D N S T Q U Q H G G L L
 G C S P I G C A Z G C E S O N
 P Z W K K T G S N A G L W D F
 C K A L S I E K N H V P N J K
 U Q Z I G I M D A F I R S T S
 I T J N P J Y O M B E A X A U
 Z V A J O U E Y U X L I F C L
 Z N N T Z S D A N T Y R M H M
 S U I S I B I K L X H N P T M
 S R E D I P S O K I M S R O W
 O I R U J A M K P Z N V G G S

1. candy
2. ask
3. first
4. nose
5. poison
6. spider

7. skin
8. snake
9. NJPIES
10. mouth
11. adult
12. eyes

Name: Answer Key

Date: _____

Directions: Fill in the missing words in these important Poison Safety Facts and Tips. Then find the 12 missing words in the Poison Puzzle. Words may be horizontal, vertical, diagonal or backwards. Good Luck!

"Poison Puzzle"



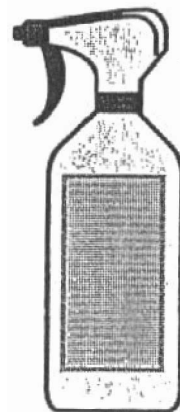
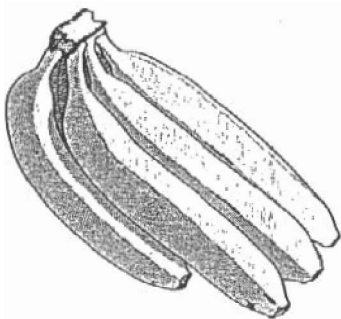
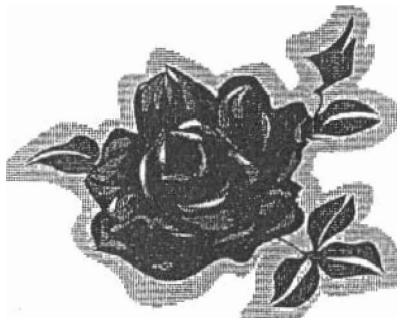
1. Candy
2. Ask
3. First
4. nose
5. poison
6. spider

7. skin
8. snake
9. NTPIES
10. mouth
11. adult
12. eyes

Safe to smell?

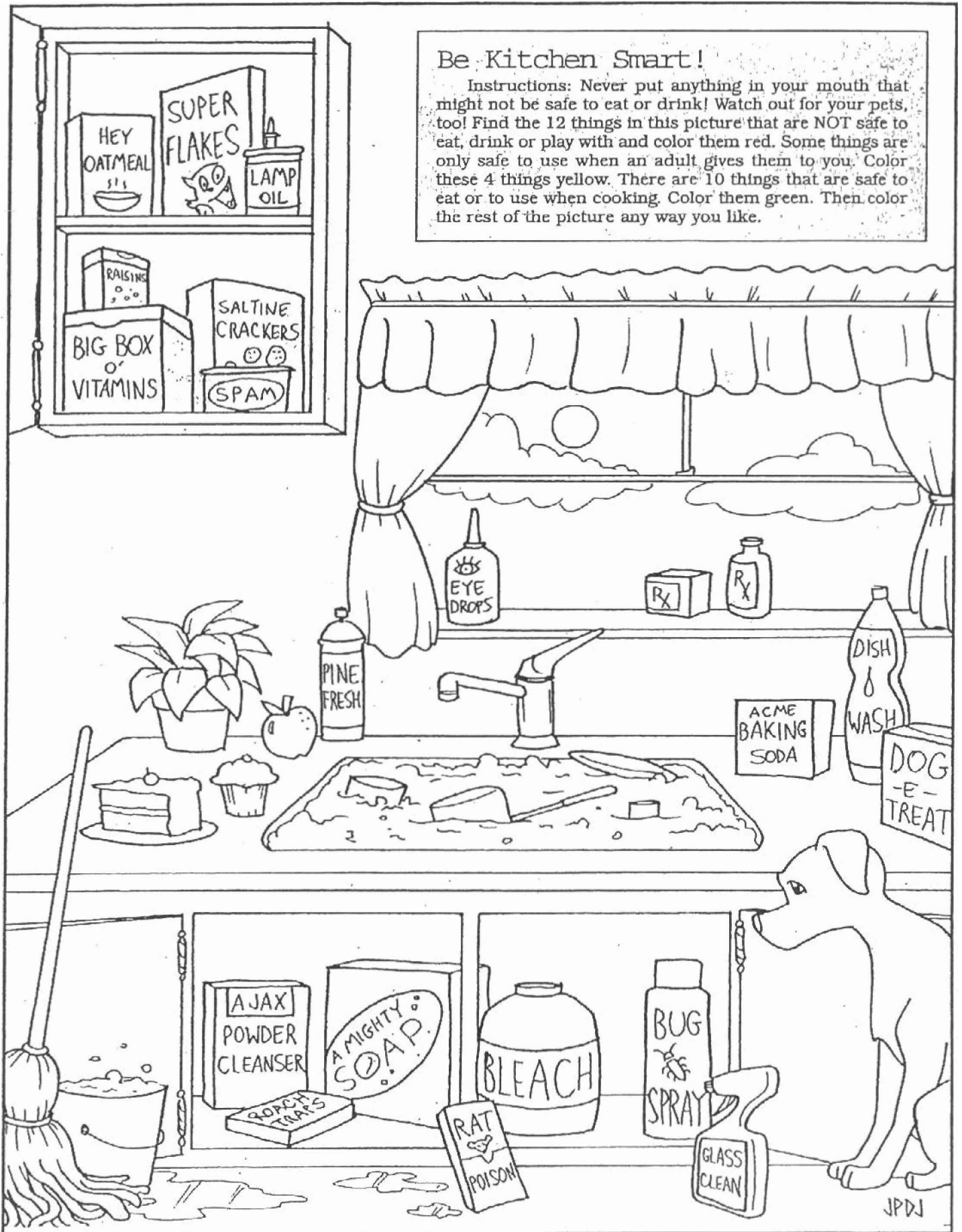
Look at each picture.

Put an X over the pictures
that are not safe to smell.



Be Kitchen Smart!

Instructions: Never put anything in your mouth that might not be safe to eat or drink! Watch out for your pets, too! Find the 12 things in this picture that are NOT safe to eat, drink or play with and color them red. Some things are only safe to use when an adult gives them to you. Color these 4 things yellow. There are 10 things that are safe to eat or to use when cooking. Color them green. Then color the rest of the picture any way you like.



Be Kitchen Smart!

(Answer Sheet)

Unsafe (Colored Red)

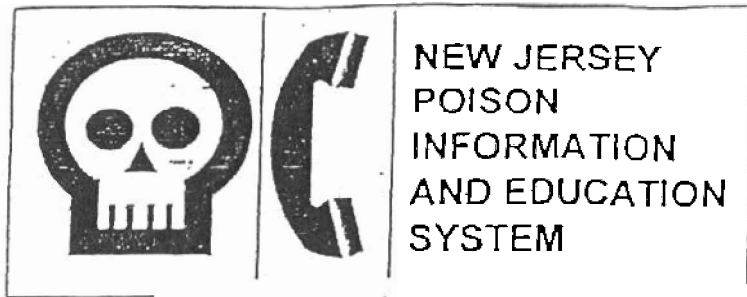
- 1. Lamp Oil**
- 2. Plant (watch out for your pets)**
- 3. Pine Fresh**
- 4. Dish Wash**
- 5. Bucket of Soap Water**
- 6. Ajax Powder Cleanser**
- 7. Roach Traps**
- 8. A Mighty Soap**
- 9. Bleach**
- 10. Rat Poison**
- 11. Bug Spray**
- 12. Glass Clean**

Safe (Colored Green)

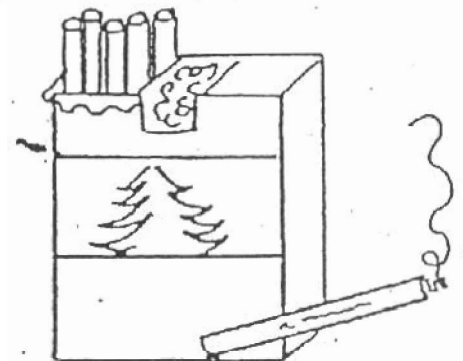
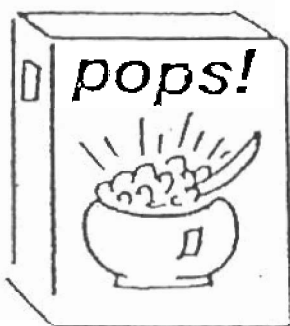
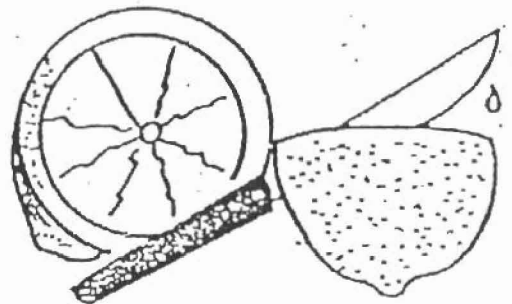
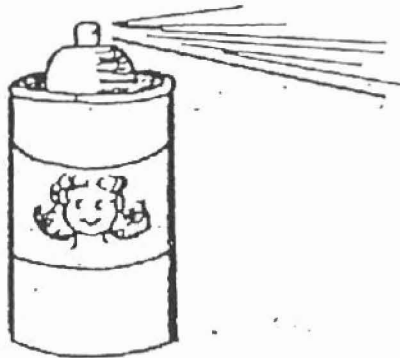
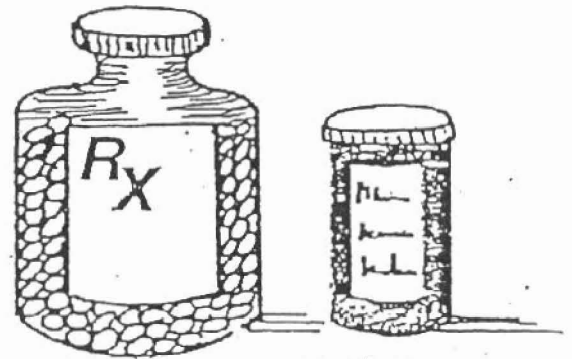
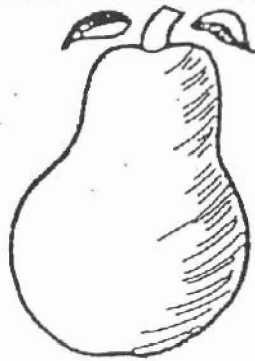
- 1. Hey Oatmeal**
- 2. Super Flakes**
- 3. Raisins**
- 4. Saltine Crackers**
- 5. Apple**
- 6. Cupcake**
- 7. Piece of Cake**
- 8. Dog-E-Treat (watch out for your pets)**
- 9. Baking Soda (safe to use when cooking)**
- 10. Spam (safe to use when cooking)**

Safe (Colored Green)

- 1. Big Box o' Vitamins**
- 2. Eye Drops**
- 3. Rx Box (Prescription Pills)**
- 4. Rx Bottle (Prescription Liquids)**



Put an X on the things that are NOT SAFE
Circle the things that are SAFE TO EAT

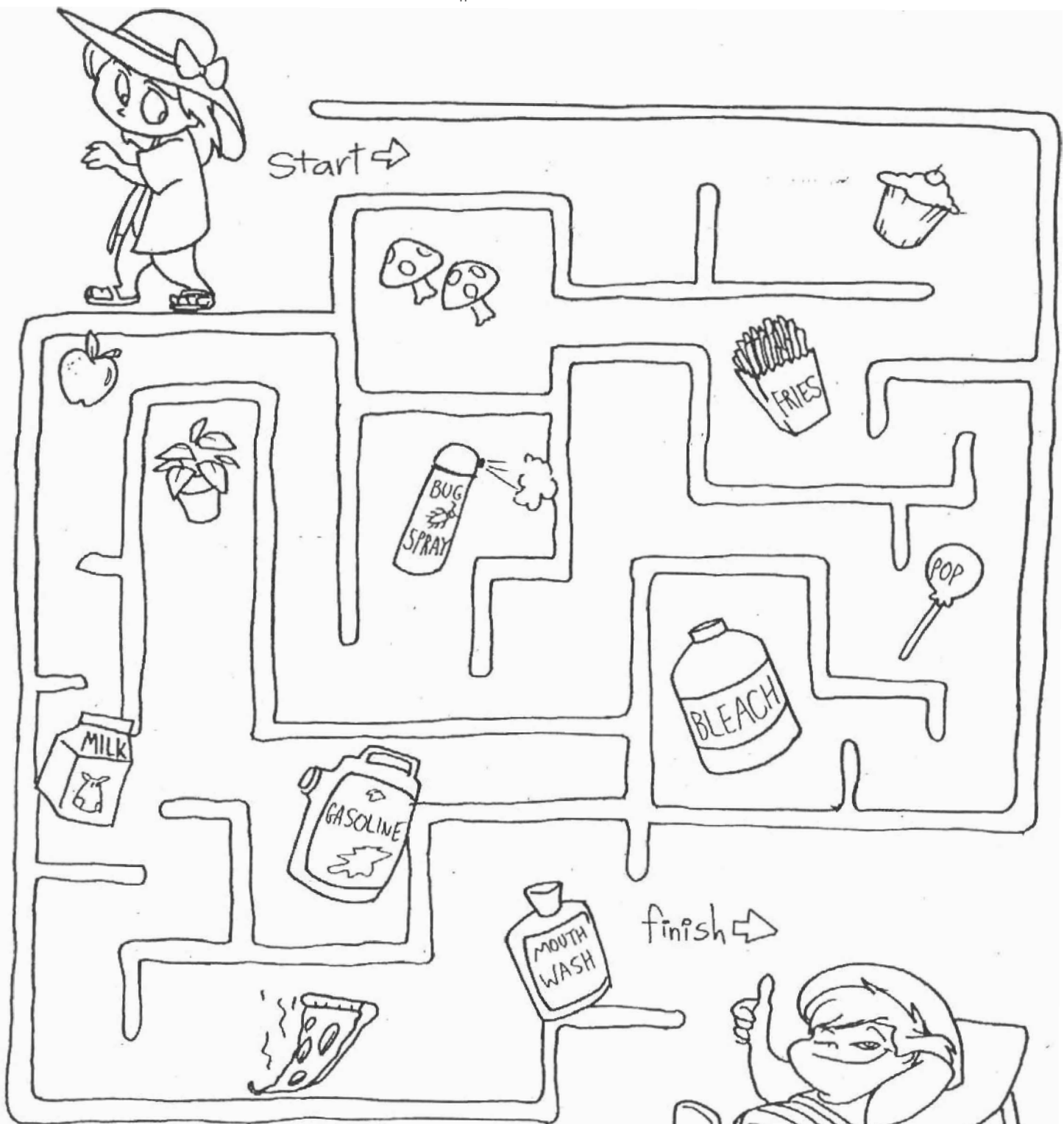


KNOW YOUR POISON CENTER NUMBERS

1-800-222-1222

Poison Maze

Keep Patty Poison Safe!



Directions:

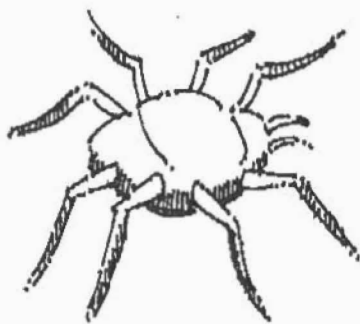
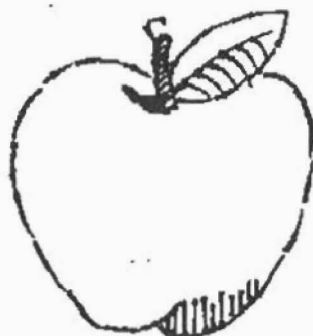
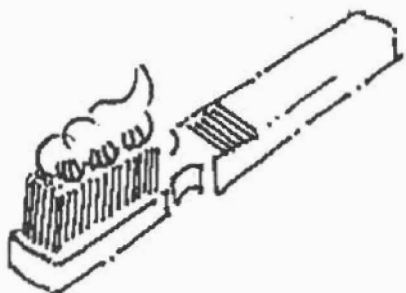
Put an X over the 5 unsafe (poisonous) things in the maze, that you should never touch or taste. Color yellow the 1 thing that you should only use when an adult gives it to you. Circle the 6 safe (non-poisonous) things. Draw a line from start to finish taking Patty through the poison maze.





POISON TIC-TAC-TOE

I-800-222-1222



Find the things in this tic-tac-toe that are NOT safe to eat and drink and put a small "X" in the corner of each picture. Then find the things that ARE safe to eat or drink and put a small "O" in the corner. Then color the coloring sheet any way you like.
Did you "win" the game of tic-tac-toe?

Working With Your Child

Begin teaching safety rules to children at an early age. Reinforce important poison prevention messages at home. For example:

- Always ask mom, dad, or the grown-up taking care of you before tasting, eating, or drinking anything.
- Only take medicine if mom, dad, or the grown-up taking care of you gives it to you.
- Find an adult immediately if you see something that might be poison. Call an adult right away if a sibling or friend gets into something that could be poisonous.

There are other ways to involve your child in the efforts to keep your home safe.

- Have your child help you put a Poison Control Center sticker on or near each phone.
- Invite your child to teach you Spike's "Stay-Away" Song, which he/she has been singing at school. Do the motions together for family fun!



JMH Education Marketing, Inc., New York, NY



Spike's "Stay-Away" Song

(Sung to the tune of "If You're Happy and You Know It")



Verse I

If you don't know what it is,
Stay away! (clap clap)
If you don't know what it is,
Stay away! (clap clap)
If you don't know what it is,
find a grown-up right away.
If you don't know what it is,
Stay away! (clap clap)

Motions

*Shake head; throw hands back in
"hands off" motion; two claps*



Calling motion with cupped hands



Verse II

If you think it might be poison,
Stay away! (clap clap)
If you think it might be poison,
Stay away! (clap clap)
If you think it might be poison,
find a grown-up right away.
If you think it might be poison,
Stay away! (clap clap)

*Point to own head; repeat
"hands off" motion; two claps*



Calling motion with cupped hands



This program was supported by Cooperative Agreement Number U50/CCU317503-03 from the U.S. Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Centers for Disease Control and Prevention.

Preventing Poisonings at Home



Dear Parent/Caregiver,

Poison prevention education for children can be a life saver. In fact, your child has been learning about poisons at school through the new *Quill's Up — Stay Away! A Poison Awareness Program*, featuring Spike the Poison Prevention Porcupine.

As parents, it's important to remember that children can't protect themselves from poison – or tell the difference between poisonous and non-poisonous substances. It's up to you to provide a safe environment at home!

This booklet includes information to help you poison proof your home — as well as ideas for working with your child. If you have any questions about keeping your home safe from unintentional poisonings, call the Poison Control Center Hotline at 1-800-222-1222.

Here's to a safe and happy home!

Rose Ann Soloway, BSN, MEd, DABAT
Associate Director
American Association of Poison Control Centers
(AAPCC)



Poison Control
Center Hotline:
1-800-222-1222

The Basics

Poison Prevention at Home

- Always read labels before giving medicine or using household products.
- Use child-resistant packages. Put the tops on tightly.
- Use cabinet locks.
- Identify the most dangerous products. Keep them in their original child-resistant packaging. Lock them away where children can't see or reach them. (See below.)
- Don't let children watch adults taking medicine.
- Call medicines by their proper names. Do not refer to them as candy!

What is a Poison Control Center?

A Poison Center is an emergency telephone service. If someone may have been poisoned or, if you have questions about poisons, call **1-800-222-1222** right away.

- You can reach the Poison Control Center 24 hours a day, 7 days a week.
- When you call, you reach specially-trained nurses, pharmacists, and doctors.
- Advice is available in languages other than English.
- All services are free and confidential.

Be Prepared - Just in Case

There are some easy things you can do to be ready in case of an emergency.

- Post the Poison Control Center number in a prominent place. Make sure that all family members, babysitters, and other caregivers know where to find it.
- Call the Poison Control Center (**1-800-222-1222**) to learn what to have on hand in case of a poisoning.
- Always call the Poison Control Center right away if you think there's been a poisoning. The Poison Center experts will tell you the right thing to do.



First Aid for Possible Poisonings

Has the child or other person

- ***Collapsed or stopped breathing?***
Call **911** or your local emergency number right away.
- ***Swallowed the wrong medicine or too much medicine?***
Call **1-800-222-1222**.
- ***Swallowed a chemical?***
Drink a small amount of milk or water, and call **1-800-222-1222**.
- ***Inhaled poison?***
Get to fresh air right away, and call **1-800-222-1222**.
- ***Splashed poison on the skin?***
Take off any clothing that the poison touched. Rinse skin with running water for 15 to 20 minutes, and call **1-800-222-1222**.
- ***Splashed poison in the eyes?***
Rinse eyes with running water for 15 to 20 minutes. Call **1-800-222-1222**.

Lock Them Up!

These products should be locked up, out of the reach and sight of children. Some may seem harmless, but can be poisonous to children if used in the wrong way, or in large quantities.

KITCHEN:

- Drain opener
- Oven cleaner
- Automatic dishwasher detergent
- Furniture polish



BATHROOM:

- Toilet bowl cleaner
- Mouthwash
- Prescription medicines
- Non-prescription medicines:
 - Cough medicine
 - Pain relievers
 - Vitamins with iron



GARAGE:

- Windshield washer fluid
- Antifreeze
- Paint thinner
- Gasoline
- Pesticides



YARD:

- Garden chemicals
- Wild mushrooms, berries, snakes, spiders, scorpions. (You can't lock them up, but you can teach children to stay away!)



Sometimes, Poisonings Happen . . .

Despite your best efforts, sometimes poisonings can happen. If you suspect a poisoning, do not wait for symptoms to appear. Call the Poison Control Center right away!

1-800-222-1222

If you call right away, the problem can often be taken care of over the phone. This is much faster, and cheaper, than calling an ambulance and going to the emergency room. If you do need an ambulance, the Poison Control Center will tell you what to do.

Poison Control Center Toll-Free Hotline:

1-800-222-1222

