

To protect kids store poisons in safe place

It is natural for children to explore their surroundings, unless they're getting under the kitchen sink or into the medicine cabinet where hazardous chemicals and adult medicines are kept. Safe Kids Kansas wants to remind parents to make sure they store hazardous materials - such as cleaning products or medication - out of their children's reach.

Each year, unintentional poisoning is the cause of death for approximately 100 children ages 14 years and under and poison control centers in the United States receive 1.2 million calls as a result of accidental poisoning of children ages five and under. Nearly 90 percent of these toxic exposures occur in the home, and 56 percent involve non-pharmaceutical products such

as cosmetics, cleansers, personal care products, plants, pesticides, art supplies, alcohol and toys.

"It doesn't take much to make a small child sick," said Cherie Sage, State Director of Safe Kids Kansas. "Almost half of poison exposures for children under the age of five are caused by medicine. Children have faster metabolisms than adults and anything they ingest will be absorbed into the bloodstream very quickly."

Child-resistant packaging is credited with saving hundreds of children's lives since its introduction in the 1970s. Still, there is no substitute for active supervision and childproofing. "If a product label says 'keep out of reach of children,' there's a reason," said Sage. "Keep

it up high and in a locked cabinet."

Safe Kids Kansas reminds parents to learn the toll-free poison control center number: (800) 222-1222 and to keep the number near every phone in your home and program it into your cell phone. This number connects you to your local poison control center from anywhere in the United States.

"If a child is choking, having trouble breathing or having a seizure, call 911 instead," said Sage. "Follow the 911 operator's instructions. Do not induce vomiting or give the child any fluid or medication unless directed."

Safe Kids Kansas offers these additional tips:

- Lock up potential poisons out of sight and reach of kids. This

includes makeup, medicine, plants, cleaning products, pesticides, art supplies, baking extracts, beer, wine and liquor.

- Never leave kids alone with an open container of something you wouldn't want them to ingest. A child can be poisoned in a matter of seconds.

- Don't refer to medicine or vitamins as candy and don't involve children as helpers with your medication.

- Choose medicines and products that have child-resistant caps. When you are giving medicine to your children, follow dosage directions carefully.

- Keep products in their original containers. Read labels to learn if a product is poisonous and for first aid

information.

- If your home was built before 1978, test for lead-based paint and get your child tested for lead exposure. Children inhale the dust of lead-based paint and can build up enough lead in their blood to affect intelligence, growth and development.

- Install a carbon monoxide alarm outside every sleeping area and on every level of your home. Carbon monoxide is an invisible, odorless gas that builds up around fuel-burning appliances and cars in garages. It can make a child seriously ill in concentrations that would barely affect an adult.

- Know which plants in and around your home can be poisonous.

- Discuss these precautions with

grandparents and caregivers. They may have medications that can be very dangerous to children and their homes might not be as well childproofed as yours.

For more information about poison prevention, call the Poison Control Center at (800) 222-1222, and press "3" for the public educator, or call Safe Kids Kansas at (785) 296-0351, or visit www.usa.safekids.org.

Safe Kids Kansas, Inc. is a non-profit Coalition of over 70 statewide organizations and businesses dedicated to preventing accidental injuries to Kansas children ages 0-14. The lead agency for Safe Kids Kansas is the Kansas Department of Health and Environment.

Find ways to simplify your tasks

"The ability to simplify means to eliminate the unnecessary so that the necessary may speak." — Hans Hoffman

What is the most complicated task you have to do?

Can you simplify it?

If not, at least systemize it.

Figure out the best way to do it, then write down the steps so you systematically do it the same each time.

Time and time again, I see clients take a task and make it so unnecessarily complicated that they over-



jamie morphew

• business tips

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spend time and energy on it.

Deep breath. You have enough to do.

Eliminate the unnecessary so you can more effectively handle the necessary.

This tip was brought to you by

ruleton eager beavers

The Saturday, March 6, regular monthly meeting of the Ruleton Eager Beavers was called to order with 18 members, four leaders and six guests answering roll call of my favorite soda pop.

The treasurer and reporter gave a report. Saige Vandiver, Jade Archer and Brooke Kiem were given birth-days awards. There are four new pre-4-H members and seven new members that have joined our club. Caleb Dechant played the guitar while Hannah Dechant led the group

in singing "Bingo."

Jade Archer gave a demonstration talk on how to make Jade's Awesome Apples. Nash Garrett gave a safety talk on four wheelers. Truman Hooker led the group in the human knot game. The meeting was adjourned by saying the Club Motto. Our next meeting will be on Saturday, April 10. Refreshments were provided by the Winston and Vandiver families.

Submitted by Cody Hooker

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