

# TENNESSEE POISON CENTER

## LITERATURE REQUEST FORM

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COMPANY/ORGANIZATION NAME (requesting): \_\_\_\_\_

ATTN (person receiving): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_ COUNTY: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

*Please email Ashley Nicholson if you wish to receive PDF copies.*

### DESCRIPTION

### QUANTITY (please specify the amount you wish to receive)

#### Poison Help Brochure

(poison prevention trifold brochure)

English \_\_\_\_\_ Spanish \_\_\_\_\_

#### Prevent a Poisoning Card

(Rack Card Prevention tips  
for parents of young children)

English \_\_\_\_\_ Spanish \_\_\_\_\_

Kurdish \_\_\_\_\_ Vietnamese \_\_\_\_\_

#### Poison Help Phone Stickers

(For office/stationary phone or to label toxic products)

English \_\_\_\_\_ Spanish \_\_\_\_\_

#### Poison Help Magnets

English \_\_\_\_\_ Spanish \_\_\_\_\_

#### Save the Poison Help Number in Phone

(Business Card)

English \_\_\_\_\_ Spanish \_\_\_\_\_

#### Poison Help Bookmark

(includes multiple languages)

English \_\_\_\_\_

#### Poison Help Pencil

Quantity \_\_\_\_\_

#### Cabinet Locks

(limit 2 per order)

Quantity \_\_\_\_\_

#### Tennessee Poison Center and Terrorism

English \_\_\_\_\_

#### Candy or Medicine? Look-A-Like Drugs

(8 ½" x 11") (limit 5 per order)

English \_\_\_\_\_

#### Is it Candy or Medicine Poster

(11" x 17") (limit 5 per order)

English \_\_\_\_\_

#### Poison Help Poster

(8 ½" x 11") (limit 5 per order)

English \_\_\_\_\_

#### Safe Medicine Disposal Poster

(8 ½" x 11") (limit 5 per order)

English \_\_\_\_\_

#### How Safe is Your House? Poster

(8 ½" x 11") (limit 5 per order)

English \_\_\_\_\_ Spanish \_\_\_\_\_

#### Poison Purse Poster

(11" x 17") (limit 5 per order)

English \_\_\_\_\_

#### Mistaken Identity Poster

(11" x 17") (limit 5 per order)

English \_\_\_\_\_

#### Medication Error Among Children & Adolescents

English \_\_\_\_\_

#### COVID-19 Related Poisonings Resource Guide

English \_\_\_\_\_

#### Think Before You Vape Resource Guide

English \_\_\_\_\_



## Prevent Poisonings

### Poison Prevention Tips:

- > Keep medicines and household products in their original containers, away from food items.
- > Read the labels on all medicines and household products and follow all directions.
- > Regularly dispose of medicines that are expired or you no longer use.
- > Keep medicines and household products: UP. AWAY. And OUT OF SIGHT.
- > Buy products with child-resistant packaging—but remember, nothing is child-proof! That means a child could still open these products if given enough time.
- > Teach children to never put anything in their mouth unless they ask a grown-up.
- > Have a working carbon monoxide detector in your home.

**Save the poison  
center phone number  
in your cell phones and write  
it near home phones:  
**1-800-222-1222.****



There are many poison centers across our country. You can reach one by calling 1-800-222-1222 from anywhere in the U.S. Services are available in 150 languages.

**All questions about poisonings  
are good questions.**

For more information, visit [www.aapcc.org](http://www.aapcc.org).



Fast. Free. Expert. 24/7,  
confidential help.



**Every 12 Seconds,  
Someone Calls a  
Poison Center.**

**Could you be next?  
Know who to call.**



Fast. Free. Expert. 24/7,  
confidential help.

# What is POISON?

Almost anything can be poisonous if it's used:

- The wrong way
- In the wrong amount, OR
- By the wrong person.

## Some Potential Poisons



**Medicines** (*prescription, over-the-counter, herbal*)



**Alcohol and street drugs**



**Products in your home** (*cosmetics, essential oils, shampoo, bleach, bug or weed killers, antifreeze, etc.*)



**Chemicals at your job**



**Bites and stings**



**Mushrooms and plants**



**Fumes and gases**

We often only think of children getting poisoned—but poison centers help people of all ages every single day.

## How do Poison Centers Help?

Poisonings can happen to **anyone**, so poison centers are for **everyone**.

### We help you right away, anytime.

We answer your phone calls 24 hours a day, 7 days a week, 365 days a year. We give **free, fast** advice right when you need it.

### We give expert advice.

Every call is answered by a medical expert—you will speak with a nurse, pharmacist, doctor, or other highly-trained poison expert.

### We save you time and money.

More than 7 out of 10 people who call their poison center get the help they need right where they're calling from—saving them a trip to a doctor or hospital.

### We keep your calls confidential.

Just like with your doctor, your health information is safe with us.

### We speak your language.

We can help in more than 150 languages and also have services for the hard of hearing.

### We help doctors too.

When hospitals or doctors need help treating poisonings and overdoses, they call us.

**We are the poison experts.**  
**Life happens—our job is to help you stay safe.**

## If You Suspect a Poisoning

If you think someone has been poisoned, **call 1-800-222-1222 right away**. Serious poisonings don't always have early signs.

If you aren't sure, call anyway.

### Call 911 right away if a person:

- ✓ **Stops breathing**
- ✓ **Collapses, or**
- ✓ **Has a seizure**



**Call your poison center first:**  
**1-800-222-1222.**



**Poison in the eyes?** Rinse eyes with running water.



**Poison on the skin?** Take off any clothing that the poison touched. Rinse skin with running water.



**Breathed in poison?** Get to fresh air right away.



**Swallowed poison?** Gently wipe out mouth and give a small amount of water. Do not try home remedies or try to make someone throw up.



## **Prevent a Poisoning**

Young children are curious explorers. They like to climb and get into everything. They also like to examine brightly colored pills and attractively packaged household products. And most children, if given a chance, will put some of these products into their mouths and swallow them. Each year, thousands of children are poisoned accidentally. Many are injured from ingesting medicines, drain cleaners, bleaches, other household chemicals, and sometimes even household plants.

**Tennessee Poison Center encourages you to poison-proof your home with these helpful suggestions:**

- Buy safety-packaged household products when available.
- Learn how to correctly re-secure the safety feature after use so that the products will always be packaged safely.
- Keep household products and medicines out of reach and out of sight of your child. Lock them up when possible.
- Store all medicines away from household products and food. Keep medicine and household products in their original containers. Never put any medicine or chemical in a cup or soft drink bottle.
- Read the label on all medicines and household products and heed warnings and cautions.
- Always turn on the light when giving medicines. Never take medicines in the dark.
- Do not take medicine in front of children. The child might imitate your action.
- If you have a young child who is able to walk or crawl, keep household plants and products stored above floor level, not beneath the sink.



- If you are using a household product when called to the telephone or door, take it with you; otherwise, your child could get into it.
- DO NOT cause your child to vomit unless you have been instructed to do so by the Poison Center or your doctor.
- Keep **1-800-222-1222** on or near all phones and in your cell phone.

## Suspect a Poisoning?

Remember, if you suspect a poisoning, call Tennessee Poison Center first. Don't wait to see what ill effects may occur. Help is fast, free, and confidential. Tennessee Poison Center can help you with questions about:

- Household products
- Chemicals at work or in the environment
- Drugs (prescription, over-the-counter, herbal, and illegal)
- Snake and spider bites
- Chemical terrorism

All calls are answered by a nurse, pharmacist or physician with extensive training in poison management. These Specialists in Poison Information are available 24 hours a day to give you fast, accurate information on how to handle the poisoning.

## Need Poison Information?

Poison information brochures, phone stickers, magnets, and other materials are available free of charge. Also, the staff of Tennessee Poison Center presents free poison prevention programs to schools and organizations. Please call (615) 936-0760 for more information or visit the Poison Center's web site- **[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)**.

**Tennessee Poison Center** serves all 95 counties. This project is funded under an agreement with the Department of Health.



**Put these stickers  
on your phones!**



**POISON EMERGENCY?**  
Call your poison center right away.







The poison center can provide immediate treatment for poison emergencies, including exposure to:

- household products
- chemicals
- drugs (prescription, over-the-counter, herbal and illegal)
- snake and spider bites
- chemical terrorism

## TENNESSEE POISON CENTER

**Save 1-800-222-1222 in your phone to get quick help from a poison expert when accidents happen.**

All calls are fast,  
free and  
confidential.



## TENNESSEE POISON CENTER

**[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)**

This project is funded under an agreement  
with the Department of Health.



Always here... Always free...

1 - 800 - 222 - 1222

luôn luôn sẵn sàng...  
luôn luôn miễn phí...

**POISON EMERGENCY?**

**TENNESSEE POISON CENTER**

**¿EMERGENCIA por VENENOS?**



**ngộ độc cần cấp cứu?**

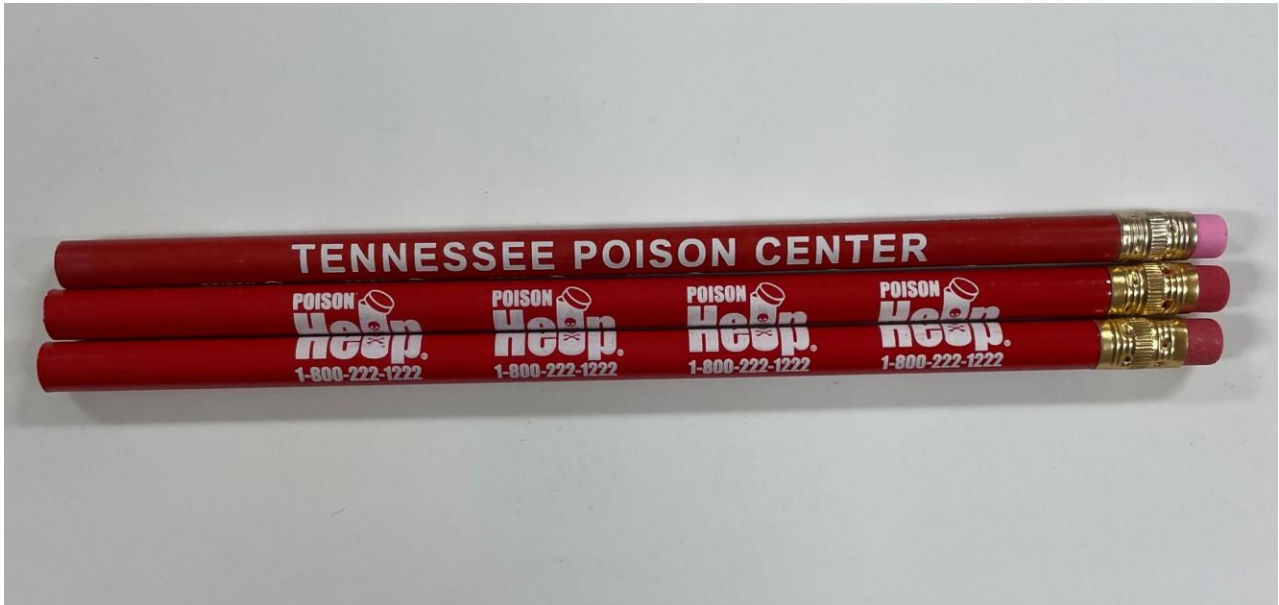
**TENNESSEE POISON CENTER**

**中毒紧急救护**

Siempre aqui... Siempre gratis...

1 - 800 - 222 - 1222

召之即来，义务服务





**POISON**  
**Help**<sup>®</sup>  
1-800-222-1222



Model: WA-027



## WHAT PREPARATION IS IN PLACE?

In addition to Tennessee Poison Center, local, county, state, and federal agencies are prepared to respond to biological and chemical events.

- Emergency and hospital staffs have been specially trained in caring for victims of biological and chemical events.
- Agreements have been made with neighboring cities and states for extra assistance.
- National supplies of commonly used medicines and supplies are prepared.

## HOW TO PREPARE YOUR FAMILY?

### PLANNING

- Each family should have a family plan for emergencies, whether terrorism or natural disasters. For a sample disaster kit, visit the **American Red Cross website:** [www.redcross.org](http://www.redcross.org) under Get Help.

### EDUCATION

- Educate your family so they will know the plan. **ReadyTN** promotes preparedness and provides situational awareness in Tennessee.

### VOLUNTEER

- Volunteer your services in your community and be trained to help.



## WHAT SHOULD THE PUBLIC DO FOR A SUSPECTED BIOLOGICAL OR CHEMICAL POISONING?

- Monitor the situation through the internet, local radio, and television broadcasts.
- Listen and follow instructions from public health and safety agencies.
- Call the Poison Center at **1-800-222-1222** for treatment or other information.
- Call **9-1-1** if an individual is unconscious or not breathing.

## THE ACTION YOU TAKE DEPENDS ON THE FOLLOWING SCENARIOS:

### IF YOU ARE INSIDE, EVENT IS OUTSIDE:

- If indoors, stay indoors and turn off all ventilation, close windows and doors.
- Monitor the situation through news channels.

### IF YOU ARE INSIDE, EVENT IS INSIDE:

- If you hear a building or fire alarm, move quickly outside.
- Cover all exposed skin.
- Cover your mouth with a cloth.

### IF YOU ARE OUTSIDE, EVENT IS OUTSIDE:

- Cover all exposed skin.
- Cover your mouth and nose with a cloth.
- Call 9-1-1 if an individual is unconscious or not breathing.

### TO LEARN MORE, VISIT:

- **Tennessee Department of Health Emergency Preparedness Program:** [www.tn.gov/health/cedep/cedep-emergency-preparedness.html](http://www.tn.gov/health/cedep/cedep-emergency-preparedness.html)
- **Tennessee Office of Homeland Security:** [www.tn.gov/safety/homeland-security.html](http://www.tn.gov/safety/homeland-security.html)
- **Tennessee Emergency Management Agency:** [www.tn.gov/tema.html](http://www.tn.gov/tema.html)



# TENNESSEE POISON CENTER & TERRORISM

[TNPOISONCENTER.ORG](http://TNPOISONCENTER.ORG)



# TENNESSEE POISON CENTER & TERRORISM

## TENNESSEE POISON CENTER

Following the 9/11/2001 attacks on the World Trade Center and our nation's war on terrorism, Americans began looking for information about chemical and biological agents. People want to know where to go or who to call to obtain credible information.

Tennessee Poison Center (TPC) addresses such questions—from routine calls from the public and hospitals about poisonings to chemical and biological terrorism. TPC provides poison control and surveillance to every Tennessee county.

The Center has medical professionals, registered nurses, pharmacists and physicians, who have extensive poison management experience. Medical back-up is provided by a board certified physician toxicologist. The Poison Center staff respond to calls about human exposure and inquiries about bioterrorism, chemical spills and other events involving hazardous materials.

A state-of-the-art centralized database allows all U.S. poison centers to share information.

### VARIOUS TYPES OF EXPOSURES ARE MONITORED:

- At each poison center
- At the TN Department of Health
- At the federal level



THIS PROJECT IS FUNDED UNDER A GRANT  
CONTRACT WITH THE STATE OF TENNESSEE.

## BIOTERRORISM

Bioterrorism, or a biological attack, is the intentional release of germs or other biological substances such as toxins and poisons that cause illness and death among people.

Biological weapons can be very harmful. Some of these agents make people sick; others can lead to death. Many agents must be breathed in, enter through a cut in the skin or be eaten to make you sick.

Some biological agents, such as anthrax, do not cause contagious diseases. Others such as the smallpox virus, can lead to diseases that can pass from person to person. In some cases, biological agents may not result in immediate symptoms or symptoms may be similar to naturally occurring illnesses such as a cold or influenza.

### BIOLOGICAL AGENTS COME IN THREE FORMS:

- Bacteria cause diseases such as Anthrax, Plague, Tularemia, and Q Fever.
- Toxins, which come from bacteria, such as Botulinum and Staphylococcal Enterotoxin B, and non-bacterial related toxin, such as Ricin.
- Viruses cause diseases such as Smallpox, Venezuelan Equine Encephalitis, and the Viral Hemorrhagic Fevers, including Ebola, Marburg, and Congo Fever.

## CHEMICAL AGENTS

Chemical agents can be inhaled, ingested, or absorbed from contaminated food, water, or air. Symptoms may be immediate and range from a mild irritant to painful skin or lung injury.

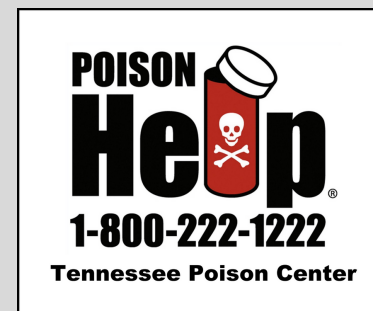
### CHEMICAL AGENTS COME IN FIVE FORMS:

- Riot Control Agents such as tear gas and pepper spray
- Blister Agents such as mustard, Lewisite, and phosgene oxime
- Pulmonary Agents such as phosgene, chlorine, and ammonia
- Blood Agents such as cyanide
- Nerve Agents such as tabun, sarin, soman, and VX.

### FOR MORE INFORMATION ABOUT BIOTERRORISM, GO TO:

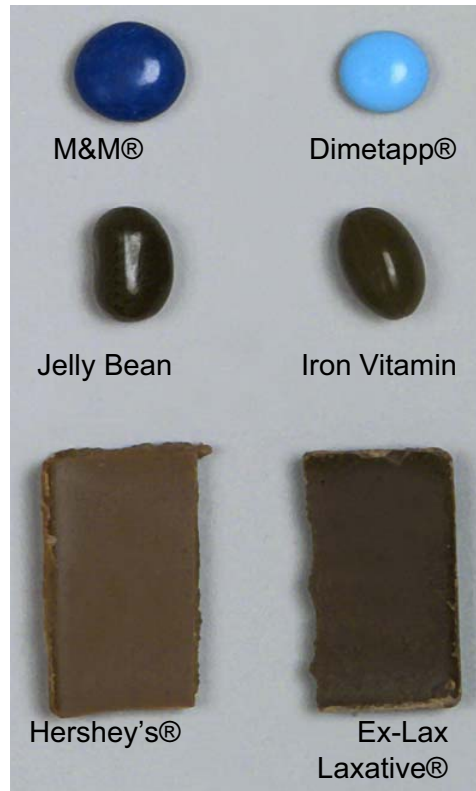
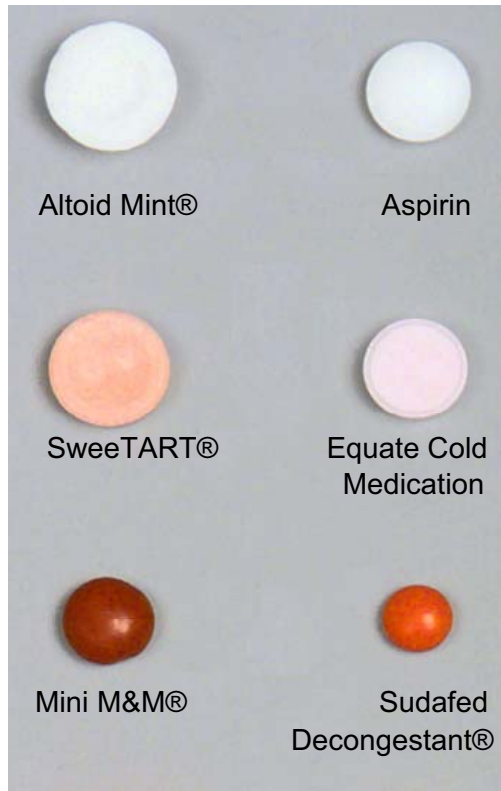
- **Tennessee Department of Health:**  
[www.tn.gov/health/information-for-individuals/i/fact-sheets/bioterrorism.html](http://www.tn.gov/health/information-for-individuals/i/fact-sheets/bioterrorism.html)

### FOR IMMEDIATE TREATMENT ADVICE IN ANY TYPE OF POISON EMERGENCY, CALL THE TENNESSEE POISON CENTER:



**TNPOISONCENTER.ORG**

# Candy or Medicine? – Look-A-Like Drugs



Because young children are unable to read, they can often mistake medicines for their favorite candy. Many medicines and candies look identical. To reduce the risk of accidental poisonings, keep medicines in their original containers and out of children's reach in a high, locked cabinet.

In the event of an accidental poisoning:

Call **TENNESSEE POISON CENTER** at **1-800-222-1222**



# Is it Candy or Medicine

When you have questions about poisonings, call the Tennessee Poison Center.

Information is provided free of charge.

Translators are available.

1-800-222-1222



Multivitamin



Good N' Fruity®



Amitriptyline



Cinnamon Candy



Dolobid®



Good N' Fruity®



Ferrous Sulfate



Red Hots®



Tegretol®



Smarties®



Children's Vitamins



Tangy Bunnies



Depakene



Good N' Fruity®



Pseudoephedrine



Cinnamon Candy



Ferrous Gluconate



M&M®



Amantadine



Good N' Fruity®



Bethanechol



Sweetarts®



Aspirin



Skittles®



Mesoridazine



M&M® (small)



Simethicone Chewable



Altoid® Mint



Tylenol®



Tic Tac®



Ephedrine



Good N' Plenty®



Phenelzine



Skittles®



Valproic Acid



Good N' Plenty®



Ibuprofen



Good N' Plenty®



Tennessee Poison Center provides statewide poison control service and toxicosurveillance.  
[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)

**POISON**  
**EMERGENCY?**  
**call** your  
**poison center right away.**



**TENNESSEE POISON CENTER**

**Put 1-800-222-1222 in your cell  
phone and near your home phones.**





# SAFE MEDICINE DISPOSAL



When was the last time you cleaned out your household supply of over-the-counter (OTC) medicines?



## Check the Label

Once a medicine has reached its expiration date, it may not provide the treatment that you need.

Follow these simple steps from the U.S. Food and Drug Administration (FDA) to dispose of OTCs in your household trash:



Mix medicines (do not crush tablets or capsules) with an unpalatable substance such as used coffee grounds or kitty litter.



Place the mixture in a container such as a sealed plastic bag.



Throw the container in your household trash.

## Have Questions?

All OTCs can be thrown away.

Some prescription medicines should be flushed.

To know which ones, go to [www.aapcc.org](http://www.aapcc.org)

This information is provided by KnowYourOTCs.org, a one-stop shop for all you need to know about the use, storage, and disposal of over-the-counter medicines.

# How safe is your house?

## top 10 ways to poison-proof your house

- 1 Keep **1-800-222-1222** on or near all phones, and in your cell phone. It's the fast, free, private and 24/7 poison center helpline.
- 2 Keep cosmetics, personal care products, prescription and over-the-counter medicines, cleaning products, dietary supplements and vitamins, pesticides and lighter fluid, locked up or out of reach. Be sure household plants are also out of reach.
- 3 Always keep cleaning products, gasoline, lighter fluid, antifreeze, paint and paint thinners in the containers they came in.
- 4 Never put something that is not food in a food or beverage container, such as a soda bottle, cup or glass.
- 5 Do not store food and household cleaners in the same cabinet; they often look alike.
- 6 If you are a grandparent visiting or caring for little ones, put purses or bags that might contain your medication where a child can't reach.
- 7 Put smoke alarms and carbon monoxide detectors in your home, make sure they work and change the batteries every 6 months.
- 8 Never call medicine candy.
- 9 Do not take medicine in front of children; they love to do what adults do.
- 10 Objects that use small batteries, like toys or remotes, should be kept out of reach of young children. Disc batteries are both poisonous and a choking hazard.

**4 million poisonings occur  
each year, over half to children**

Additional poison prevention  
information can be found at  
Tennessee Poison Center's website  
**[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)**

**Don't Guess. Be Sure.**



Text TIPS to 69866  
for a weekly text on  
home & family safety

Play at:  
**[pillsvs candy.com](http://pillsvs candy.com)**  
or get the app 

**twitter** @poisoninfo



Tennessee Poison Center serves all 95 counties.  
This project is funded under an agreement with  
the Department of Health.

Thanks to the California Poison Control System.



# POISON PURSE

BE WARY OF THE DANGER YOU MAY CARRY

## Hairspray or similar product:

May irritate eyes if aimed improperly

## Perfume/cologne:

Contains alcohol so possibly feel drunk with large amounts swallowed; may irritate eyes if aimed improperly

## Nail polish remover:

May irritate eyes, skin and mouth, & stomach upset if swallowed

## Nail polish:

May irritate eyes, skin and mouth, & upset stomach if swallowed

## Prescription medicines:

May cause a wide variety of minor to serious problems, depending on product

## Nose spray:

May cause extreme drowsiness or agitation if swallowed

## Over-the-counter medicine:

May cause agitation, jitters, drowsiness

## Mouthwash:

Often contains alcohol so possibly feel drunk with large amounts swallowed

## Toothpaste:

May cause stomach upset if swallowed

## Baby powder:

May cause eye and throat irritation; if inhaled could cause serious breathing problems

## Pepper spray:

May irritate eyes, skin & cause breathing problems

## Insect repellent:

May irritate eyes and mouth; possible seizures if swallowed

## Batteries:

May cause severe irritation or burns if chewed; also a choking hazard

## Eye drops:

May cause a variety of mild to serious symptoms if swallowed

## Hand cream:

May cause stomach upset and diarrhea if large amounts swallowed

## "Chocolate" laxatives:

May cause severe diarrhea

## Cigarettes:

May cause severe stomach upset and vomiting if swallowed

## Ink pen:

May cause eye and mouth irritation

**POISON**  
**Help**  
1-800-222-1222



# MISTAKEN IDENTITY

If You Can't Tell The Difference, How Will A Child?



1-800-222-1222





# Medication Errors Among Children & Adolescents

## *Prevention Tips & Safe Practices*

**As children mature and begin to understand the responsibility of self-medicating, adult supervision is recommended due to poison related risks associated with label reading and therapeutic/medication errors.**

A **therapeutic error** includes scenarios such as unintentional double-dosing, incorrect route of administration, wrong medication given/taken, incorrect dose, or unintentional exposure to someone else's medication. Though the use of medications are generally safe when taken as directed, misuse or therapeutic errors can be fatal.



*According to a 2019 report released by the National Center for Health Statistics, 18.0% of children aged 0–11 years and 27.0% of adolescents aged 12–19 had used prescription drugs in the last 30 days in 2015-2016.*

In 2020, the Tennessee Poison Center managed 2,269 cases of children and adolescents between the age of 0-19 that utilized the Poison Help hotline (1-800-222-1222) due to a therapeutic/medication error.



**Most common error is  
“Wrong medication given/taken”**

Administration of medications can occur in nearly any environment including the home, school, and child care center.

*If you suspect someone has been exposed, call the toll-free Poison Help hotline first (1-800-222-1222).  
If the person is unresponsive, having seizures or trouble breathing, call 911 immediately.*

[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)

# CORONAVIRUS-19 RELATED POISONINGS

## *Poison Prevention Strategies for Children, Parents and Older Adults*

The Tennessee Poison Center (TPC) continues to operate 24/7/365 during the COVID-19 pandemic. There has been an increase in calls to the Poison Help hotline (1-800-222-1222) due to COVID-19 related poison emergency and information calls involving hand sanitizer, bleach, and all-purpose cleaners.

### TIME AT HOME

As schools modify schedules and families are advised to “stay-at-home”, more time is spent cleaning and disinfecting the home to protect loved ones from COVID-19. This has led to an increase of accidental poisonings in children and safe handling concerns from adults nationwide.

- Never disinfect fruits, vegetables, or other foods with bleach — it is extremely dangerous.
- Never aerosolize chemicals on the stove, ingest, or inject disinfectants.
- Put a Poison Help hotline sticker on potentially toxic substances.
- Improper use and exposure to sanitizers and disinfectants can lead to throat or mouth irritation, and vomiting.

Over  
**93%**

of poisonings occur  
in the home.

**49%**

of children age 5  
years and under  
account for poison  
emergencies.

Poisonings  
can be  
prevented!

If an accidental ingestion occurs,  
**never** induce vomiting.  
Call Poison Control right away.

### MYTH:

It is safe to mix chemicals.

### FACT:

Never mix chemicals. It can create a highly toxic gas that can lead to severe irritation of the skin and eyes, difficulty breathing, and even death.

### MYTH:

There is a cure for COVID-19.

### FACT:

According to the U.S. Food & Drug Administration (FDA), currently, there are no medicines or chemicals that are approved to cure COVID-19.

Therefore, improper use of cleaners, sanitizers or disinfectants to prevent COVID-19 can be life-threatening.

If you suspect someone has been exposed, call the toll-free *Poison Help* hotline first (1-800-222-1222).  
If the person is unresponsive, having seizures or trouble breathing, call 911 immediately.

[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)



## THINK BEFORE YOU VAPE

### TOXIC SYMPTOMS AND PREVENTION TIPS

According to the 2011-2019 National Youth Tobacco Survey, there has been a significant and highly concerning increase in electronic cigarette (e-cigarette) use among middle and high school students. The use of e-cigarettes and liquid nicotine is accountable for the majority of nicotine poisoning cases reported to Poison Control centers. In fact, Tennessee Poison Center and 54 other Poison Control centers across the United States have noticed an increase in calls to the Poison Help hotline regarding adverse reactions after exposure to these products.

## WHAT YOU NEED TO KNOW

An adolescent brain is still developing; therefore, the use of nicotine during these crucial years is highly concerning. Nicotine is a highly addictive and toxic drug and is considered a gateway to marijuana and other illicit drugs.

- **All** JUUL Lab products contain nicotine; yet it is the most popular and preferred tobacco product used by youth.
- 40 percent of youth were **unaware** that their e-cigarette contained nicotine.
- Electronic liquids (e-liquids) that contain nicotine are sold in **enticing** fruit flavors like cream brulee, cotton candy and strawberry banana.
- Concentrations of liquid nicotine are in **higher** amounts than traditional combustible cigarettes; therefore, even a taste can lead to nicotine poisoning or death.
- Children age five years and under are **accidentally** ingesting e-liquids that are left unattended, ultimately leading to a poison emergency.
- E-cigarettes that do not contain nicotine may also lead to **long-term** health effects of the user.



## FACTS

*In 2019, e-cigarettes were the most common and preferred tobacco product used by youth in the U.S.*

*One JUUL pod is equivalent to smoking 20 cigarettes.*

*1 in 9 middle school students currently use e-cigarettes.*

*1 in 4 high school students currently use e-cigarettes.*

*Youth do not associate use of these devices to smoking cigarettes or using nicotine.*

*If you suspect someone has been exposed, call the Poison Help hotline first: 1-800-222-1222.*

*If the person is unresponsive or having trouble breathing, call 911 immediately.*

*[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)*