



**Press Release**  
**FOR IMMEDIATE RELEASE**

**Media Contact**  
Stephen Kuehler | [stephen.kuehler@knoxhospital.org](mailto:stephen.kuehler@knoxhospital.org)  
940-657-3535

## **Protect Your Family From Household Poisoning Hazards**

*Knox County Hospital District provides advice for preventing emergencies during National Poison Prevention Week.*

Knox, TX (March 11, 2022) – More than two million poisonings are reported to poison centers across the nation each year, and more than half of those cases involve children under the age of 6. In recognition of National Poison Prevention Week, Knox County Hospital District is urging families to read about the dangers of household poisons and to know what to do when an emergency strikes.

“Poisonings in the home are more common than many families think,” said Dr. Laura Hart, MD, a family practice physician who serves in the Knox County Clinic. “Household chemicals and medications are often to blame. Understanding the danger and storing chemicals safely can save lives.”

According to the U.S. Department of Health and Human Safety, approximately 90 percent of poisonings happen at home. Nearly 6,000 people call poison centers every day, while thousands more are poisoned but do not call, putting them at risk of serious health complications.

“The issue of poisonings from ingesting laundry detergent has been making headlines lately,” Dr. Hart said. “Many common household chemicals are poisonous when ingested, which is why it is important to read warning labels and keep these items out of reach of young children.”

Dr. Hart suggests storing household products, such as cleaning solutions, detergents and chemical products such as pesticides and fertilizers out of reach and out of sight of children. It is best to store these chemicals in a locked container so children are not able to get access to them.

Chemicals should always be properly labeled and stored in their proper containers. Do not store hazardous chemicals in old food containers such as soda bottles or milk jugs.

According to the U.S. Department of Health and Human Safety, medications are responsible for a large number of poisonings. Medications, including vitamins and supplements, should be stored in child-resistant containers.

While 51 percent of poisonings involve young children, most fatal poisonings occur among adults, especially older adults. This is often caused by misuse or abuse of medications.

**MORE**



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“Always follow instructions from your healthcare provider when taking medications,” Dr. Hart said. “Never take more than instructed and do not mix medications unless told to do so by your medical provider.”

Dr. Hart added that individuals should keep close account of when they take medications. Forgetting that you have taken your medication and then taking a second dose too early can be dangerous. Dispose of unused, unneeded or expired medication.

If you believe you or someone may have ingested a poisonous substance, call the Poison Help Line at 1-800-222-1222 immediately. The line is open 24 hours a day, 7 days a week and will connect you with a poison expert who can provide information about what to do.

If you or someone shows signs of poisoning such as seizure, intoxication, breathing problems, drowsiness or vomiting, call 911.

“We see too many people in the emergency room suffering from poisonings that could have been prevented with a little care,” Dr. Hart said. “Taking simple steps to protect yourself and your family could save a life.”

To learn more about poison prevention resources, visit [www.poisonhelp.hrsa.gov](http://www.poisonhelp.hrsa.gov). For information about local medical services or to find a provider, please visit [www.knoxhospital.org](http://www.knoxhospital.org) or call Knox County Hospital District at 940-657-3535.

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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**Knox County Hospital District**

701 SE 5th St. | Knox City, TX 79529 | 940-657-3535