



Health and Wellness Tip of the Week - Week 10

March 10, 2014

Monthly Topic

National Poison Prevention Week is in March so it's a great time to provide poison prevention tips to your employees

Prevent Poisoning

After car crashes, drug overdoses are the nation's second leading cause of unintentional death. This problem has gone up five-fold since 1990 with a large rise in adult fatal poisonings. Here are a few prevention tips:

- Always follow your doctor's orders.
- Don't take medicine that belongs to someone else.
- Use child-resistant caps.
- Throw away any left-over or out-of-date medicine.

Prescription painkiller overdose has become a national epidemic. If you or someone you know needs help for substance abuse problems, call **800-662-HELP**, the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration.

Source: Centers for Disease Control and Prevention;



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