

COVID-19 Social Media Toolkit



COVID-19 & Poison Concerns

This toolkit shares information regarding COVID-19 and poison including: hand sanitizer information, cleaning product information, and sample social media posts.

Hand Sanitizer

Background

Hand sanitizers usually contain alcohols that have been FDA approved for topical use. These can be hazardous in larger quantities, but a taste amount usually does not cause serious symptoms. As of June 2020, the FDA has identified some [hand sanitizers that have been contaminated with methanol](#). Even a sip of methanol-tainted hand sanitizer can cause poisoning in a small child.

[Learn more about hand sanitizer](#)

Practice safe use of hand sanitizer by:

- [Checking if the hand sanitizer you use contains methanol](#).
 - If it does, switch to a hand sanitizer that hasn't been contaminated with methanol.
- Supervising children while they use hand sanitizer.
- Storing hand sanitizer out of sight and reach from children.

SAMPLE POSTS - TWITTER

- With hand sanitizer being used more frequently due to #COVID19, poison prevention is very important. Always supervise young children when they use hand sanitizer and store it safely. If any accidents happen, poison experts are available 24/7 at 1-800-222-1222.
#PreventPoison



HAND SANITIZER SAFETY

While a small lick or taste of hand sanitizer is usually not concerning, swallowing larger amounts can cause children to have low blood sugar or slow down their heart rate and breathing.

Prevention Tip:
Always supervise young children when they use hand sanitizer and keep it out of sight/reach between uses.

Poison Help
1-800-222-1222
Missouri Poison Control System

Poison experts are available 24/7 at 1-800-222-1222 to provide free and fast advice.


- With people staying home and hand sanitizers being used more widely, we have noticed an increase in calls related to these products. Here is some info about keeping young children safe from accidental ingestion.
#PreventPoison #COVID19

SAMPLE POSTS - FACEBOOK

- Learn more about hand sanitizer, and other alcohol-based products, at: <http://ow.ly/nTAG5ozGC0g>
#PreventPoison #handsanitizer #handsanitizersafety



"Seek immediate medical attention if you have swallowed alcohol-based hand sanitizer or rub or are experiencing symptoms from repeated use of these products on your skin and contact your poison center (1-800-222-1222) for advice. Signs and symptoms include headache, blurred vision or blindness, nausea, vomiting, abdominal pain, loss of coordination, and decreased alertness."



-CDC Health Advisory 7/5/2020

- Click the link below to see our press release regarding the rise in [#methanol](#) exposures from contaminated hand sanitizers. [#PreventPoison https://hcmcnews.org/2020/07/17/minnesota-poison-control-system-warns-of-rise-in-methanol-exposure-from-hand-sanitizers/](https://hcmcnews.org/2020/07/17/minnesota-poison-control-system-warns-of-rise-in-methanol-exposure-from-hand-sanitizers/)

- The CDC has issued an official health advisory regarding the serious health effects of methanol-based hand sanitizers: "Do not swallow any alcohol-based hand sanitizers or rubs. These chemicals are not intended for human consumption and can lead to serious health issues, including death."
<https://emergency.cdc.gov/han/2020/han00434.asp>
- ⚠️ Warning ⚠️ Hand sanitizers that contain methanol are highly toxic if ingested and can cause serious effects, including death. If you have any of the hand sanitizers that were recalled by the FDA (<https://go.usa.gov/xwSmg>), stop using them immediately. If you have been exposed to methanol-contaminated hand sanitizer or have questions, call #PoisonHelp at 1-800-222-1222.
- If you think you have any questions or think you may have been exposed to methanol, please call your local poison center at 1-800-222-1222.
#PreventPoison

Cleaning Products

Background

Leaving cleaners containing strong chemicals within reach can lead to poisoned children who not only get these products on their skin, but swallow, inhale, or get them in their eyes, resulting in serious toxicity or injury.

[Learn more about cleaning products](#)

Practice safe use and storage of cleaners by:

- Reading directions for use.
- NEVER mixing cleaning products.
- Keep cleaning products in their original packaging.
- Ventilating your area for cleaning.
- Wearing protective gear when you use strong cleaners.
- Storing cleaners out of sight and reach from children.

SAMPLE POSTS - TWITTER

- Many cleaning related poisonings come from spray bottles.

Learn more here: <http://ow.ly/wMEU5ozGAfo>

#PreventPoison #cleaningsolutionsafety

- Have you wondered how COVID-19 has affected U.S. poison

control centers? Check out this article and learn how the greater use of disinfectants have increased poison center call volumes: <http://ow.ly/atiz5ozxlFC>

#PreventPoison #covid-19 #covid_19 #covid19 #disinfectantsafety



Did you know cleaning products in spray bottles are a leading source of cleaning substances that poison children?

Prevent poisonings by:

- Storing spray bottles out of sight and reach of children when they're not in use.
- Clean with spray bottles when children and pets are in another room, if possible.
- Keep the spray nozzle in "off" position, when not in use.

POISON Help
1-800-222-1222
Member Poison Control Center

"...we must be clear that **under no circumstance** should our disinfectant products be administered into the human body (through injection, ingestion or any other route)".

—Reckitt Benckiser, maker of disinfectants Lysol and Dettol



- DO NOT #InjectDisinfectant! Injecting or ingesting any cleaning or disinfectant product is dangerous. Always read and follow the product label and use as directed. If you have questions or suspect a poison exposure, call your local poison center at 1-800-222-1222.

#PreventPoison

- Just a friendly reminder to read all labels and avoid mixing cleaning products! And if you suspect a poisoning, call 1-800-222-1222 for free, expert advice that is available 24/7. You can also get help online at <http://webpoisoncontrol.org>! #PreventPoison



SAMPLE POSTS - FACEBOOK

- Stay safe while using cleaning and disinfectant products.



- Read instructions
- Wear protective gear
- Do NOT mix chemicals

#PreventPoison #cleaningproducts #cleaningsafety
#covid-19 #covid_19 #covid19

- U.S. poison centers are still seeing an increase in cases related to bleach and other cleaning product exposures. Click this link to view the Minnesota Department of Health's helpful PDF handout about safely cleaning and disinfecting surfaces to reduce the spread of #COVID19: <http://ow.ly/APNl5ozkHs7>



- Anyone can call 1-800-222-1222 for questions or concerns related to cleaning products or other substances! Expert advice is free, fast, and available 24/7. You can also get help online at webpoisoncontrol.org

- Cleaning product-related calls have always been common for poison centers but @MNPoisonControl has received more during the pandemic. As you continue to clean and disinfect your home, please remember that products can be harmful if used in the wrong way, in the wrong amount, or by the wrong person. This means that more is not always better and that cleaning agents should not be mixed together. Poison experts are still available 24/7 at 1-800-222-1222 if you have for any questions or concerns about poisoning.

#PreventPoison #COVID19



Medications

Background

When there is a change in routine, medication poisonings are more likely to occur. There are many ways to make mistakes with medicines. The most common are: taking the wrong medicine, taking too much medicine, giving the wrong medicine, and confusing one medicine for another. Problems from these mix-ups could range from minor to extremely serious. Additionally, as prescriptions for adults increase, poison centers are seeing an increase of medication poisoning in children.

[Learn more about medication errors](#)

Prevent medication errors by:

- Read the label. Follow the directions.
- Have a plan – for organizing your own medications or for giving medicines to others.
- Choose over-the-counter medicines that match your symptoms.
- Avoid taking multiple medicines that have the same ingredient(s); for example, do not take two medicines with acetaminophen.

Prevent childhood drug poisonings by:

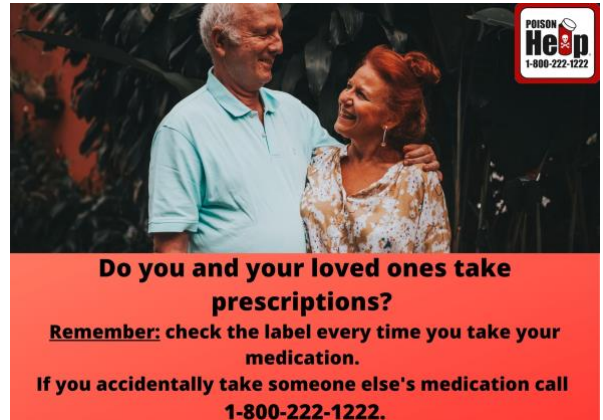
- Use child-resistant packaging. Replace caps tightly after use.
- Lock all medicines up high, out of sight and reach of children.
- Take medicines when children aren't looking, because children will imitate adults taking medicines.

- Be sure that all family members and visitors are vigilant about locking up their medicines.
- Take special care when traveling to be sure that medicines are locked away from children.

[Learn more about childhood drug poisonings](#)

SAMPLE POSTS – TWITTER

- If you have a poisoning question or concern, remember that expert advice is always available at 1-800-222-1222 or <http://webpoisoncontrol.org>. Most exposures can be safely managed at home! #PreventPoison



- Please call your local poison center at 1-800-222-1222 BEFORE you take any product that claims to cure or prevent #COVID19! #PoisonHelp is free and available 24/7, and most of the time our poison experts can manage exposure cases safely at home.
- Did you know that poisonings are more likely to happen when routines are disrupted? Even though things may be more hectic than usual now, please take the time to read all labels and use/store all medications and other potentially hazardous products safely. #PreventPoison



SAMPLE POSTS - FACEBOOK

- If you have any questions or concerns regarding prescription or over-the-counter medications, contact your local poison center at 1-800-222-1222! #PreventPoison

- Remember to always read and follow all medication labels and store them up and away! #PreventPoison



More Resources

[CDC](#)

- [Methanol Hand Sanitizer Information](#)
- [COVID-19 Hand Hygiene Recommendations](#)
- [Cleaning and Disinfectant Exposure Information](#)
- [Guidance for Cleaning Public and Work Spaces, Homes, and Schools](#)
- [General Information for Protecting Yourself and Others from COVID-19](#)

[American Association of Poison Control Centers](#)

[MN Poison Control System](#)

- [MN Poison Control System FREE Training](#)
- [Common Poison Information](#)



@Minnesota Poison Control System



@MNPoison Center

Call us at 1-800-222-1222!