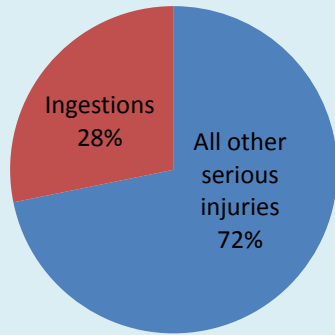


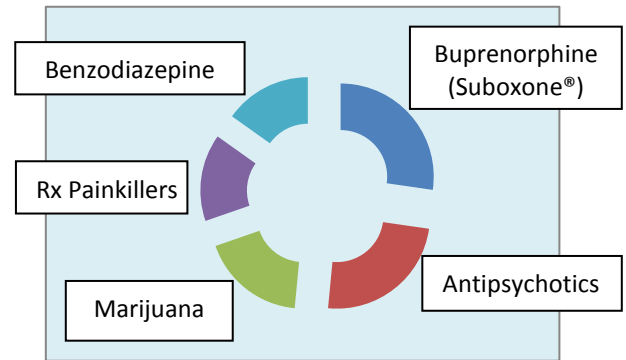
MAINE OFFICE OF CHILD AND FAMILY SERVICES- (OCFS)

OCFS: Alleged Serious Injuries- 2014

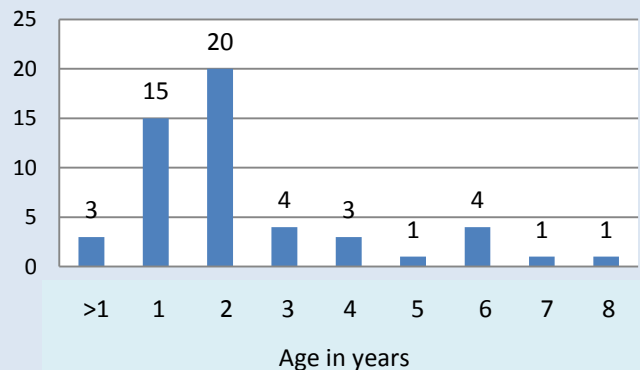


INGESTIONS ACCOUNTED FOR NEARLY **30%** OF ALL ALLEGED SERIOUS INJURIES REPORTED TO THE MAINE OFFICE OF CHILD AND FAMILY SERVICES IN 2014.

TOP 5 SUBSTANCES INGESTED IN ALLEGED SERIOUS INJURY REPORTS TO OCFS IN 2014



Alleged Ingestions by age- 2014



NORTHERN NEW ENGLAND POISON CENTER

*Substances involved in Maine pediatric exposures

MARIJUANA INGESTIONS

YEAR	TOTAL
2014	4
2013	7
2012	5
2011	3

OPIOID INGESTIONS	2014
Buprenorphine (Suboxone®)	12
Oxycodone (OxyContin®, Percocet®)	10
Hydrocodone (Lortab®, Tussionex®, Vicodin®)	9
Tramadol (Ultram®)	5
Stomach Opioids (Loperamide, Diphenoxylate)	6
Codeine (Tylenol®, Fiorinal® or Soma® with codeine)	4
Morphine (Avinza™, Kadian®, MS Contin®, Oramorph®)	2
Methadone (Dolophine®, Methadose®)	2
Others Opioids	5
Total	55

Ingestions by Major Group- 2014	Total
Analgesics (acetaminophen, ibuprofen- includes opioids)	393
Antidepressants	41
Cold and cough preparations	78
Sedative/hypnotics/antipsychotics	55
Stimulants and street drugs	34
Alcohols	40
Tobacco/Nicotine products	52

Safety Recommendations

Store Safely

- Store medicines in a safe location that is too high for young children to reach or see.*
- Never leave medicine or vitamins out on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours.*
- Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the click or you cannot twist anymore.*
- If you use an e-cigarette, keep the liquid nicotine refills locked up and out of children's reach and only buy refills that use child resistant packaging.◇

Communicate to Caregivers

- Remind babysitters and visitors to keep purses, bags, or coats that may have medicines or other substances in them up and away and out of sight when they are in your home.*

Dispose Safely

- Reduce the risk of kids getting into medicine by getting rid of unused or expired medicine or substances.
- Contact your local police department for your local medicine take-back program.

Give Safely

- Tell children what medicine is and why an adult must be the one to give it to them.*
- Never tell children medicine is candy so they'll take it, even if your child does not like to take his or her medicine.*
- Do not take medicine in front of small children; they may try to imitate you later.◇
- Purchase and keep medicines in original containers with safety caps.◇
- Check the label each time you give a child medicine to ensure proper dosage.◇

Know the Poison Help Number

- Program the Poison Help number 1-800-222-1222 into your home and cell phones.*
- Order a Poison Control magnet from NNEPC@mmc.org.

Find Resources Near You

- To find substance use services for you or someone you care about, call the Office of Substance Abuse and Mental Health Services Information and Resource Center at 1-800-499-0027 or dial 2-1-1.

*= Up & Away, an initiative of PROTECT in partnership with the Centers for Disease Control and Prevention (CDC)

◇ = HealthyChildren.org, from the American Academy of Pediatrics