Simple Good Health

A guide for simple good health
and healthy living in Rogers County

each one teach one

Rogers County Literacy Council
Rogers County Coalition

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What is this book about?

This book will help you make good choices for a safe, healthy life in Rogers County. There are five different sections with information on:

Healthy living every day

Health care and the professionals who can help you

Safety in your home and yard

Treating illnesses and injuries and when to get a doctor's help

Medicines and drugs – taking them the right way and the wrong way

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Simple Daily Health

What is this chapter about?

This chapter is about taking simple steps each day to stay healthy. Simple steps include:

Cleaning – your hands, your kitchen, and your foods

Eating the right foods

Shopping and cooking safely

Exercising

Stopping tobacco use

You might already be doing many of the things in this chapter. If not, you have a guide to change how you and your family live each day.

Wash your hands

How to wash

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make suds and scrub them well. Be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

When to wash

Before, during, and after preparing food

Before eating food

Before and after caring for someone who is sick

Before and after treating a cut or wound

Before putting in or taking out contact lens

After using the toilet

After changing diapers or cleaning up a child who has used the toilet

After blowing your nose, coughing, or sneezing

After touching an animal or animal waste

After handling pet food or pet treats

After touching garbage

No soap and water?

If you do not have soap and water, use a hand **sanitizer** with alcohol.

san•i•ty•zur

Sanitizers can help, but they do not wash away all types of germs. Hand sanitizers do not work when hands are visibly dirty.

How to use sanitizers

1. Put some sanitizer in the palm of your hand.
2. Rub your hands together.
3. Rub the sanitizer over the tops and palms of your hands and fingers until your hands are dry.

Eat right

Good foods have **nutrients** to help your body stay healthy and strong.

nu•tree•ents

nu•tri•shun

Good **nutrition** gives your body energy and helps your body prevent disease. The right foods also help you maintain the right weight for your age, height, and body type.

Make good food choices

Calories

Find out how many calories you need for a day as a first step in managing your weight. Being physically active also helps you balance calories. Go to www.ChooseMyPlate.gov to find your calorie level.

Slow down

Take the time to enjoy your food as you eat it. You might eat too many calories when you eat too fast or when your attention is elsewhere. Pay attention to hunger and fullness cues before, during, and after meals. Use them to know when to eat and when you've had enough.

Eat more...

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health, like potassium, calcium, vitamin D, and fiber. Eat them for meals and snacks.

!

Make **half** your plate fruits and vegetables. Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

Eat less... Avoid oversized portions. Use a smaller plate, bowl, and glass. Portion out foods before you eat. When you eat out, choose a smaller size dish, share a dish, or take home part of your meal.

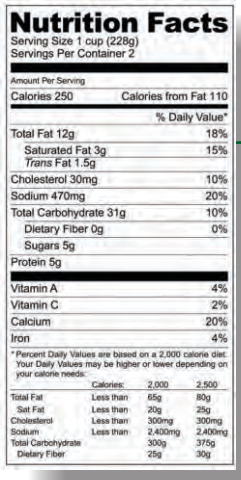
Water Drink water instead of sugary drinks. Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

Milk Drink fat-free or low-fat (1%) milk. They have the same amount of calcium and other nutrients as whole milk, but fewer calories and less saturated fat.

Whole grains Make half your grains whole grains. To eat more whole grains, eat a whole-grain product instead of a refined product; eat wholewheat bread instead of white bread or brown rice instead of white rice.

Fats Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

Sodium Compare sodium in foods. Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

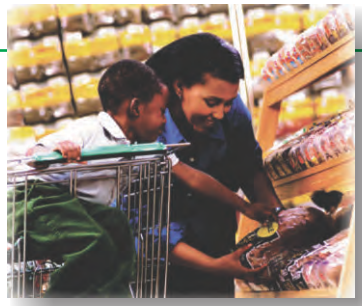
Set a good example

Set the example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

Shop together

Grocery shopping can teach your child about food and nutrition. Talk about where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.



Be creative

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mix from dry whole-grain, low-sugar cereal and dried fruit.

Cook the same

Stop being a "short-order cook." Do not make different dishes to please children. It is easier to plan family meals when everyone eats the same foods.

Reward

Show your love with hugs and kisses. Comfort with hugs and talks. *Do not to offer sweets as rewards*. It lets your child think sweets or dessert foods are better than other foods. When children do not eat their meals, they do not need "extras" – such as candy or cookies – as replacement foods.

Focus

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make meals a stress-free time.

Listen	If your child says he or she is hungry, offer a small healthy snack, even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"
Limit screen time	Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.
Encourage activity	Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.
Be a good role model	Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal when your child is very hungry. Avoid lecturing or forcing your child to eat.

Want more information?

Find more information on these websites:

www.ChooseMyPlate.gov
www.eatright.org
www.rd411.com

Shop right

Start your shopping trip before you leave home. When you plan your meals and other needs ahead of time and stick to your shopping list, you spend less and buy "smarter."

Plan ahead

Go fresh

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and usually cost less. Your local farmer's market is a great source of seasonal produce.

Full price? No!

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by going to larger grocery stores and discount grocery stores.

Use your list

Plan your meals ahead of time and make a grocery list. You will save money by buying only what you need. Eat before you leave home; *do not shop when you are hungry*. It will be easier to pass on the tempting snack foods. You will have more of your food budget for vegetables and fruits.

Canned and frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

Buy small amounts

Some fresh vegetables and fruits do not last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

Buy in bulk

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale; they last much longer.

Store brands

Choose store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

Keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

Cook ahead

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Shop safely

Buy meats that are cold and tightly wrapped.

Check the "use by" dates on the labels. Do not buy meats which will lose freshness before you plan to use them.

Check the eggs. Do not buy cartons with cracked or broken eggs.

Do not buy cans with bulges, leaks, or dents. Make sure lids and seals are not broken.

If a product looks or smells bad, DO NOT taste it.

Put refrigerated and frozen foods in your grocery cart last so they do not warm up while you shop.

Keep meat and chicken away from other foods in your cart. Put them in plastic bags to keep juices from leaking out.

Make the grocery store the last stop before going home. If you travel more than one hour to get home, bring a cooler for food that could spoil.

Eating on a budget?

Get the most for your food budget! There are many ways to save money on the foods that you eat. The three main steps are:

Plan before you shop
Purchase the items at the best prices
Prepare meals that stretch your food dollars

Buy basics Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you make them from scratch. Take the time to prepare your own and save!

All-year bargains Certain foods are low-cost options most of the time. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. For fruits, apples and bananas are good choices.

Get creative Spice up your leftovers; use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

Eating out Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" meals. Stick to water instead of ordering other beverages, which add to the bill.

Look for specials Ask about a loyalty card for extra savings at grocery stores where you shop. Look for specials or sales on meat and seafood, often the most expensive items on your list.

Compare Find the "Unit Price" on the shelf directly below the product. Compare it to different brands and different sizes of the same brand to find which is more economical.

Want to grow your own?

Start a garden – in the yard or a pot on the deck – for fresh, inexpensive, tasty additions to meals. Herbs, cucumbers, peppers, or tomatoes are good choices for beginners. Check your local library or look online for more information on starting a garden.

Blue Starr Community Garden

Free plots to grow vegetables, herbs, fruits
Corner of Blue Starr Drive and Florence Avenue in Claremore
For more information: email terrijanssen@ymail.com or
call Terri Janssen at 918-851-1830

Cook right

Keep food cool

Defrost foods in the refrigerator.

To thaw in a hurry, follow the instructions on the package.

Never thaw food uncovered on a kitchen counter at room temperature.

Cook food right away after thawing.

Do not refreeze foods you have thawed out.

Prepare safely

Keep raw meats, seafood, and eggs away from other foods in your grocery cart, grocery bags, and in your refrigerator.

Use the plastic bags in the meat and produce sections of the supermarket if they are available.

Use one cutting board and one set of utensils for fresh produce and different sets for raw meats and seafood.

Never place cooked food on a plate that held raw meats, seafood, or eggs.

Do not let juices from meat, seafood, poultry, or eggs drip on other foods in the refrigerator. Use containers to keep these foods from touching other foods.

Cook meat safely

Meats are safely cooked when they are heated for long enough and at a high enough temperature to kill the harmful **bacteria** that cause illness.

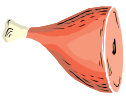
bak•tee•ree•a

The only way to know for sure that meat is cooked to a safe temperature is to use a food thermometer. Make sure it reaches the temperature recommended for each food.


145º F
Steak and Roast


160º F
Ground Beef


145º F
Fish


160º F
Pork


160º F
Eggs


165º F
Chicken and Turkey

Serve and put away

1. Never leave cooked foods at room temperature for longer than two hours; if the room is warm, no longer than one hour.

2. Put leftovers in the refrigerator right away. Do not wait for foods to cool first.

3. To re-heat leftovers, cover and heat to 165 F. Use leftovers within 3 to 4 days.

Clean surfaces

Germs that cause illness can be on your food. Germs are spread easily around the kitchen when you cook. They are on your hands, the cutting boards, utensils, and counter tops. Cleaning removes most germs from surfaces.

Disinfecting destroys germs. Cleaning with soap and water to remove dirt and most of the germs is usually enough. But sometimes, you need to **disinfect** for extra protection from germs.

dis•in•fect

Disinfectants contain chemicals that destroy bacteria and other germs. Make sure the product label says "Disinfectant."

Disinfect areas where there might be dangerous germs and where these germs might be spread to other areas.

When to wash

Wash your hands with warm water and soap before and after handling food.

Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you prepare the next food.

Use paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often with hot water in your washing machine.

If you use a sponge to clean up, microwave it for 30 seconds after use or clean it in the dishwasher with your dishes.

Rinse **all** fresh fruits and vegetables under running water.

For firm-skin fruits and vegetables, rub them with your hands or scrub them with a clean vegetable brush while rinsing.

Wash cutting boards

Plastic cutting boards are the best boards to use for cutting meats. Do not use the same board to cut bread, vegetables, fruits, and meats. Clean cutting boards often with a bleach solution.

How to wash

1. Mix 2 teaspoons of bleach and 1 quart of water. Label the container.
2. Spray or wipe the board with the mixture.
3. Rinse with cool running water.

Disinfect

In the kitchen

Clean and disinfect counters and other surfaces before, during, and after preparing food, especially meat and poultry.

Follow all directions on the product label. Let the disinfectant stand for a few minutes.

Use paper towels, or use cloth towels you can wash in hot water later, or use sanitizing wipes that both clean and disinfect.

Store right

Refrigerate food right away

Cold temperatures slow the growth of harmful bacteria. Refrigerate foods quickly after you buy them. Do not over-stuff the refrigerator – cold air must have room to move around to help keep food safe.

In your kitchen...

Keep your refrigerator temperature at 40º F or below to reduce the risk of illness. Use an appliance thermometer to be sure the temperature is 40º F or below.

Keep the freezer temperature at 0º F or below.

Put meat, chicken and dairy products in the refrigerator right away when you return from the grocery store.

Put meats in the freezer if you are not going to use them within a few days. Wrap meats tightly in aluminum foil or freezer wrap.

Do not leave foods out for more than two hours. Use fresh or thawed meats as soon as you can.

Use an ice pack to keep cold foods cold when you take foods away from home.

Store leftovers right away.

Exercise each day

Physical exercise helps you stay fit and healthy. You can:

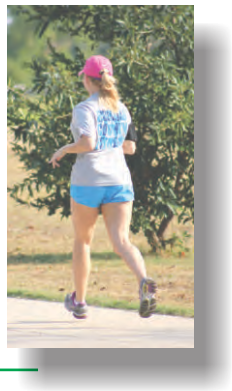
car•de•o•vaz•cue•lar

Strengthen muscles and the **cardiovascular** system

Develop your athletic skills

Lose weight

Have fun



Adults

Adults need to get at least 150 minutes of moderate physical activity *each week*. Find ways to get at least 30 minutes of exercise 5 days each week. You can make a big difference in your health.

Heart strengthening activities: fast walking, running, or bike riding at least 2 days per week

Muscle strengthening activities: lawn-mowing or push-ups, at least 2 days each week

Children and teens

Children and teens need 60 minutes or more of physical activity *each day*. These activities should include exercise to strengthen the heart, muscles, and bones.

Heart strengthening activities: fast walking or running at least 3 days per week

Bone strengthening activities: jumping rope or running at least 3 days per week

Muscle strengthening activities: gymnastics or push-ups, at least 3 days each week

Why exercise?

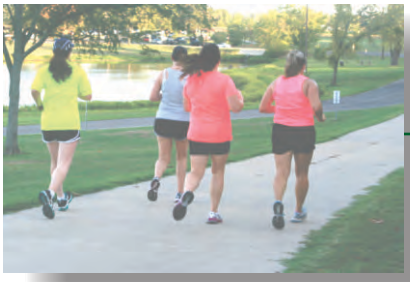
Regular physical exercise helps prevent:
Heart disease
Cardiovascular disease
Type 2 diabetes
Obesity

Exercise also improves mental health, helps prevent depression, helps you sleep better at night, and helps to maintain positive self-esteem.

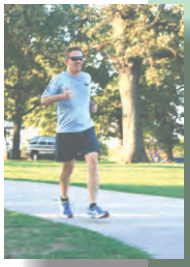
What should I weigh?

What your weight **should be** depends on your height, your body type, your age, your health, and other things.

Ask your doctor to tell you how much you should weigh and how you can safely lose weight if you weigh too much.



Get started with RoCo Fit



Rogers County Free Fitness Training Program
RoCo Fit, 12 weeks "Couch to 5K" for beginners and intermediate at Claremore Lake
3 sessions each year (Spring, Summer, Fall)
Participants can walk, jog, trot – whatever pace is best for you. Experienced runners and walkers help beginning runners and walkers learn how to run safely. Add some cross-training with swimming, weights, yard work, or any other activity that raises your heart rate.

For more information: email renettah@health.ok.gov, or call Renetta Harrison at 918-698-7903, or go online to http://rocofit.org

Stop tobacco use

No tobacco product is safe. Both chewing tobacco and smoking cause many health problems.

Smokeless tobacco is not a safe alternative to smoking cigarettes. Smokeless tobacco is tobacco that is not burned, like chewing tobacco and snuff.

Smoking will damage your health. Smoke will damage the health of adults and children around you when you smoke. Using chewing tobacco and smoking are addictive, expensive, and hard-to-break habits.

Need help?

Some people quit by themselves, but there are people who can help you. Talk with your doctor. There may be a quit tobacco use program at the clinic or hospital. You may also be able to get free help from a quitline.

Quitlines

Quitlines are phone counseling services that provide treatment for tobacco users who want to quit. Trained health care professionals help you plan for a successful quit. They may provide medications as well as counseling. They can really help your chances of stopping.

Oklahoma Quitline
1-800-QUIT-NOW

www.OKhelpline.com

All states have a toll-free quitline. Oklahoma provides free counseling and a free 2-week starter kit of nicotine patches and gum when you register. Call the number on the left or one of the numbers below when you are ready to quit.

National Quitlines
English: 800-QUIT-NOW
Spanish: 877-266-3863
140 other languages available through an interpreter:
800-QUIT-NOW (800-784-8669), say the name of the language you need, and they will connect you to an interpreter.
http://doh.wa.gov/tobacco/quit/quitline.htm

For seniors only

Senior citizens nutrition program

The Senior Citizens Nutrition Program is a program of the Community Action Resources & Development agency for people 60 years old and over. The program provides nutritionally balanced lunches and nutrition education.

A registered licensed **dietician** is available once each month to help seniors who need help with dietary problems or who need encouragement for good eating habits.

dy•e•ti•shun

If you or an older family member can not join in the daily activities and meals in Claremore, you might be eligible for home delivered meals if you live in the city limits. To arrange for home delivered meal service, contact the nutrition site.

The lunches and delivery service are free, but donations are requested.

Community Action Resources & Development
(C.A.R.D.) Congregate Nutrition Site:
1302 North Willow Drive, Claremore
918-342-0622
Monday-Friday, 8:00a.m. to 1:00p.m. (excluding holidays)

Advantage Program

The C.A.R.D. Advantage Program can provide frozen meals each month to seniors who are eligible. Call C.A.R.D. for information about eligibility.

C.A.R.D. Advantage Program
Sandy Mizer
918-785-4241

Homemaker Program

The C.A.R.D. Homemaker Program provides light housekeeping, and laundry services to qualified seniors who need extra help with household chores. These services help older people stay independent in their homes. Call C.A.R.D. for information about eligibility.

Community Action Resources & Development (C.A.R.D.)
918-341-5000

Meals on Wheels

Claremore Meals on Wheels delivers full meals each Monday, Wednesday, and Friday to seniors and others who cannot leave their homes. The meals and delivery are free, but you are asked to pay what you can afford. Claremore Meals on Wheels is a Rogers County United Way agency.

Call to see if you or a homebound family member are eligible.

Claremore Meals on Wheels
715 McClellan Ave., Claremore
Hours: Monday, Wednesday, Friday 8:30a.m. to noon
918-342-2006

Simple Health Care

What is this chapter about?

This chapter is about finding health care for yourself and your family. You can choose your own doctors or clinics to go to when you are sick or injured or when you need a routine examination to make sure your health is good. Your health plan will guide you on your medical professional choices.

A health plan (health insurance) is an important part of your health care. This chapter has information on programs which might help you pay for some medical services if you and your family are eligible.

Medical professionals

When do I need a doctor?

When you need an annual checkup to prevent disease, like heart disease and diabetes

When you feel sick

When you are injured

Check your health plan

Your health plan might require you to see a doctor in a specific network. Read your health care plan to make sure you are selecting a doctor or group of doctors (a network) your health insurance will pay for.

Find a doctor

There are many types of doctors. The *General Practitioner* or *Family Doctor* treats people of all ages who have a variety of health needs. *Specialists* only treat specific diseases, problems, or age groups. When you need special care, your family doctor or the clinic doctor will send you to see a Specialist.

You can find a doctor through a **referral** of a friend or another family member. There are usually several doctors at clinics. You may not see the same doctor each time you go to the clinic.

ree•fur•all

Regular checkups

A doctor can help you maintain good health with annual checkups. When you have a checkup, the doctor may find a problem you do not know about.

Children need to have a checkup every year. Doctors will want to see babies more often. Both children and babies need vaccinations against childhood diseases and examinations to make sure they are growing at the right rate for their age.

Annual checkups are recommended for adults every year. Your doctor might recommend more or less frequent exams, depending on your needs. Regular checkups can help prevent serious illnesses.

Go to your doctor or clinic for:

Regular checkups

Minor injuries or illnesses such as colds, coughs, earaches, sore throats, headaches, and muscle or joint problems

Immunizations

Tuberculosis skin testing

Sexual health problems

Managing high blood pressure, diabetes, high cholesterol, asthma, thyroid problems, or seizures

If you do not have a family doctor, check your health plan to see which doctor or network you should use.
If you do not have a health plan, call
Rogers County Health Department
918-341-3166
They can refer you to a doctor or clinic.

Health plan information

A health plan (health insurance) is an important part of your health care. Insurance is the best way to pay for health care. Many people buy health insurance through their work. Others buy their insurance on their own.

If you do not have health insurance through your work or if you cannot afford it, some health care providers offer care at no charge or for a small fee based on your income and other eligibility requirements.

SoonerCare

SoonerCare (Oklahoma Medicaid) is a health coverage program paid for by the federal and state governments. This program helps pay some or all medical bills for many people who cannot afford them. The Oklahoma Health Care Authority (OHCA) is the state agency that administers the program and determines financial eligibility for the program.

To qualify for SoonerCare, a person must:

- Live in Oklahoma
- Be a U.S. citizen or a qualified alien (most immigrants who arrived after August 22, 1996 are barred from the program for five years)
- Meet income and resources standards in certain categories

Covered health care services may include doctor visits, hospital costs, and prescriptions.

There is no cost for people who meet the income guideline; however, co-pays may apply to some services.

! For more information and to determine if you are eligible, call
SoonerCare Member Services
800-987-7767, or 800-757-5979 (TDD)
or go online to http://okhca.org

Medicare

Medicare is different from SoonerCare (Oklahoma Medicaid). Medicare is a federal health insurance program administered by the Centers for Medicare & Medicaid Services (CMS). Medicare provides coverage mostly to people age 65 or older and for some people with disabilities.

If you are on Medicare and you qualify for SoonerCare, most of your health care costs are covered. If you have low income and limited assets, SoonerCare may help pay some or all of Medicare premiums and cost sharing expenses. To apply for Medicare benefits, visit or call your local *Social Security Office*.

Rogers County Health Department

The Rogers County Health Department's goal is to offer a variety of services to the people of Rogers County. Some of these services include:

- Immunization
- Health education
- Family planning
- Food handler classes
- Guidance services
- SoonerStart Early Intervention
- Diabetic classes
- Children First Program
- Well-child clinic
- WIC services
- Dental health
- Environmental health

These services are provided by professionals who are licensed or certified in their specific fields. All services are available to the public without regard to religion, race, color, national origin, creed, disability, gender or ability to pay.

Important Hotlines:
Oklahoma Tobacco Hotline
800-QUIT-NOW (800-784-8669)
Suicide Prevention Lifeline
800-273-TALK (800-273-8255)
Problem Gambling Hotline
800-522-4700

Rogers County Health Department
2664 N. Highway 88, Claremore
918-341-3166
Office Hours: 8:00a.m. to 5:00p.m.
Monday through Friday
(closed weekends and holidays)

Rogers County Free Medical Clinic

Volunteer doctors, nurses, and administrative staff from around the county open a clinic several nights each month at the Rogers County Health Department. The service is low-cost or free, depending on your eligibility and the type of service you need. The clinic only accepts low-income patients who do not have health insurance.

Service is first come, first served. The doctors and staff can help up to 20 new patients and 15 existing patients per night, depending upon the number of doctors on hand for the evening.

The clinic staff does not handle emergencies, like deliver babies, perform surgeries, or set broken bones.

To find out when the clinic will be held, call

Rogers County Health Department
2664 N. Highway 88, Claremore
918-341-3166

For seniors only
Health Screening Program

The Community Action Resources & Development agency (C.A.R.D.) offers monthly health screening at its nutrition site and senior day fairs once each year. The health screenings are free to seniors 60 years old and up. Call the site for screening days and times.

Community Action Resources & Development
(C.A.R.D.) Congregate Nutrition Site:
1302 N. Willow Drive, Claremore
918-342-0622

Simple Safety

What is this chapter about?

This chapter is about making your home and yard safe for yourself and your family. You can not prepare for everything. But you can take simple steps to avoid some big problems. Planning ahead and thinking about daily dangers are important.

Make your home safe

Plan ahead to protect yourself and your family from fires:

- Install smoke alarms in your house
- Have a family plan of what to do if there is a fire, especially at night
- Keep matches and lighters away from children. Store them up high or in a locked cabinet

Common causes of night fires

- Carelessness with cigarettes
- Unattended lit candles
- Sparks from fireplaces without spark screens or glass doors
- Small heaters too close to furniture or other things that burn. Fires that start in furniture are dangerous because they might smolder for a long time while you sleep

More than half of fatal fires in homes happen when people are asleep.

The danger

Fire makes poisonous gases that can spread fast and far from the fire. These gases slow your thinking and reactions so that you cannot escape quickly.

Children's sleepwear

Buy sleepwear for children that will not burn easily. The label should say "fire retardant."

Install smoke alarms

Smoke alarms protect you from fires while you are asleep. A smoke alarm could save your life. They do not cost much. They are easy to install. They are easy to take care of. Call your local fire department. They may have free smoke alarms if you cannot afford them, and they can install alarms for you.

Where do I put them?

Read the instructions for your alarm. The instructions will tell you where to install the alarm – on the ceiling or on the wall near the ceiling.

Put alarms inside and outside your bedrooms or sleeping areas if you or your family members sleep with the bedroom doors closed.

Put an alarm in your bedroom if you smoke in the bedroom or if there is a TV, air conditioner, or other major appliances in the bedroom that might start a fire.

Put an alarm on each floor of your house if it has two or more floors.

Use the test button to check the alarm each month. Change the batteries each year.

Do not install alarms in...

Kitchen (near the kitchen is good)
Garage
Unheated attics
Crawl spaces under the house

Stop, drop, and roll

Ask a local fireman to show you how to stop, drop, and roll. When a person's clothes are on fire, the best thing to do is STOP (do not run), DROP to the ground, ROLL around to put out the flames.

Household poisons

The most common causes of accidental poisoning in children under 5 years old:
Poisonous plants
Household cleaners
Medicines

Home Check List

Kitchen

Keep cleaning products out of reach or in locked cabinets.

Keep cleaning supplies away from food.

Rinse bottles before throwing them in the trash.

Keep medicines in high cupboards, *not* on counters and windowsills. A locked cabinet is best.

Make sure harmful products (drain cleaners, medicine, furniture polish) have child-resistant caps.

Keep all chemical products in their original containers and away from children's reach.

Bathroom

Keep all medicines in their original containers and in a locked cabinet or box.

Make sure all safety caps are tightly closed on all bottles.

Keep your windowsills and tabletops free of harmful products.

Keep your bathroom counter free of beauty and cleaning supplies.

Basement or laundry	Store soaps, detergents, and cleansers out of reach. Store disinfectants and deodorizers out of reach and out of sight.
Bedroom	Keep medicines off of dressers and bedside tables. Keep perfumes and cosmetics out of reach. Remove all medicines and cosmetics from unused purses, luggage, and overnight bags.
Living room or den	Keep plants safely out of reach. Keep purses and diaper bags out of reach. Clean all ashtrays or put them out of reach.
Garage	Lock up harmful products like antifreeze, windshield wiper fluid, weed-killers, pesticides, and fertilizers. Check all poisons for child-resistant caps. Carefully read and follow instructions on bug sprays and pesticides. Store products like gasoline and paint in their original containers.
Diaper bag or purse	When you carry vitamins, pain relievers, eyeglass cleaners, cold medicine, and other possible poisons in your diaper bags and purses, hide them inside. Store your diaper bag and purse at home away from children if they contain medicines.

Nicotine poisoning

ni•co•teen

Nicotine is a poison. It is in cigars, cigarettes, cigarette butts, chewing tobacco, nicotine gum, and nicotine patches. It is very dangerous to children and pets.

Infants, young children, and pets are in serious danger if they chew or eat as little as:

One-half piece of nicotine gum
One nicotine patch
One or more cigarettes
Three or more cigarette butts
More than one pinch of snuff

Children can suffer abnormal blood pressure or heartbeat, slowed or interrupted breathing, general sluggishness, seizures, and coma.

Cats and dogs show the same effects as children.

Look for:

Dizziness

Nausea or vomiting

Stomach pain

Weakness

Increased drooling

To be safe

Empty ashtrays often

Wipe all ashtrays clean and keep them out of children's reach

Keep all spit cans out of children's reach

Keep your cigars, cigarettes, chewing tobacco, or nicotine gum or patches in safe places away from children and pets

If you suspect nicotine poisoning:
Do not wait for symptoms to appear
Do not make the child vomit
Do not give the child food or drink

Call the
Oklahoma Poison Control Center
800-222-1222

Look-alike products

A small child can easily mistake a cleaning product, medicine, and personal grooming supplies as something to eat or drink. There are many medicines that look like candy, including vitamins and cold medicine.

Poisonous product...	Looks like product...
Citroma Sparkling Laxative (cherry)	Red soda pop
Bathroom Cleaner (Comet)	Parmesan cheese
Ex-Lax Chocolate Laxative	Chocolate bar
Muscle Rub	Toothpaste
Lamp Oil	Cranberry juice
Mothballs	Mini-marshmallows
Pabst Blue Ribbon (can)	Diet Pepsi (can)
Pine cleaner	Apple juice
Sunlight Dishwashing Liquid	Lemon juice
Windshield Washer Fluid	Kool Aid
Sudafed Nasal Decongestant	Cinnamon dots
Oven Cleaners	Cooking spray

To be safe

Keep cleaning products, medicines, and grooming products out of children's reach.

Put child-proof locks on kitchen and bathroom cabinets.

Carbon monoxide poisoning

Carbon monoxide (CO) is a very dangerous gas you can not see, taste, or smell. It is made from incomplete burning of materials like gasoline, charcoal, and wood.

Too much CO in the body will kill you. When a person breathes CO, it goes into the body instead of oxygen.

Where does CO come from?

CO poisoning symptoms look like flu.
You might not notice minor symptoms. In just one night a person can have severe symptoms or even die.

Kerosene or propane space heaters
Gas furnaces
Gas oven or range top
Gas water heater
Gas clothes dryer
Gasoline engines (cars, trucks, generators)
Charcoal grills
Fireplace/chimney

What to do

1. Get everyone outside right away.
2. Call the fire department, the gas company, or appliance repair shop to come find the source of the CO.
3. See your doctor right away if anyone has symptoms.
4. **Do not go back inside** until the CO leak has been found and fixed.

To be safe

Put CO detectors in your home.

Never use your oven or gas range to heat your house or a room.

Have your fuel-burning appliances, furnaces, venting, and chimney checked each year by a professional.

Never use a fuel-burning appliance like a barbeque grill or a generator in a confined space like the garage or basement.

Never leave the car running in the garage.

Never burn charcoal inside your house, cabin, recreation vehicle, or tent.

Poison plants

Many plants in your house and yard are poisonous. Children and pets can get sick or die if they eat the berries or leaves.

Iris

Holly

Periwinkle

Some local poisonous plants

Azaleas, Laurels, Rhododendron
Black Locust
Betel palm
Caladium, Dumbcane, Elephant Ear
English Ivy
Golden Chain Tree
Holly
Hyacinth, Narcissus, Daffodil, Crocus
Iris
Kentucky Coffee Bean
Larkspur, Delphinium
Lobelia
Lupina, Blue Bonnets
Mistletoe
Morning glory
Periwinkle
Poison Ivy
Pokeweed, Pokeberry
Potato, Tomato (leaves are toxic)
Silver Nightshade, Jerusalem Cherry
Wisteria
Yew

Most dangerous plants

Castor Bean, Jequirty Pea
Death Camus, Zigadenus
Foxglove. Lilly of the Valley
Henbane
Jimson Weed, Angel Trumpet
Monk's-hood, Wolfsbane
Mushrooms (wild)
Oleander
Poison Hemlock
Skunk Cabbage, Corn Lily
Water Hemlock

To be safe

Keep plants, seeds, berries and bulbs stored safely away from children and pets. Children can choke on stems, berries, and leaves.

Know the plants in your neighborhood, home, and yard. Your local plant nursery or florist may be able to help identify plants. Label potted plants.

Teach your children not to eat plants, berries, flowers, or mushrooms from the house plants or from the yard.

Do not eat wild plants. Heating and cooking do not always destroy plant poisons.

Remove all mushrooms from your yard. Never eat wild mushrooms unless you are trained to know safe ones.

Do not allow children to suck on flowers or to make "tea" with plants and flowers.

Never chew on jewelry made from seeds or beans.

Do not make "hot dog roasting" sticks or toys from unknown bushes.

Avoid smoke from burning plants unless you know what they are.

If you think your child has eaten a poisonous plant:

Call the
Oklahoma Poison Control Center
800-222-1222

Pets and wild animals

Household pets

Pets are wonderful companions for families.

However, some animals can pass diseases to people. Make sure your pet is healthy to keep your family happy and healthy too.

Babies and children under 5 years old are more likely to get diseases from animals than adults and older children.

To be safe

Adopt your pets from an animal shelter or purchase them from a good pet store or breeder.

Take your pets to a veterinarian for routine checkups. Follow the immunization schedule that the vet recommends.

Obey local leash laws.

Clean litter boxes every day. Pregnant women should not clean litter boxes.

Do not allow children to play where animals go to the bathroom.

Keep your child's sandbox covered when not in use.

Do not allow young children to kiss pets or to put their hands or other things in their mouths after touching animals.

Wash your child's hands thoroughly with soap and warm running water after contact with animals.

Be very careful when your family visits farms, petting zoos, and fairs.

Wild animals

Wild animals can carry diseases that are harmful to you and your pets. You can take simple steps to avoid contact with many types of wild animals.

What are the risks?

Mice and other wild animals can carry deadly diseases like hantavirus and plague.

Bats, raccoons, skunks, and foxes can carry rabies.

Ticks can carry Rocky Mountain spotted fever and Lyme disease.

To be safe

Do not leave food outside.

Put the lids on your garbage cans.

Clear brush, grass, and debris away from your house foundation to get rid of nesting sites for mice and rodents.

Seal any entrance holes you find on the inside and outside of your home.

Use insect repellent to prevent ticks. Do a “tick check” after spending time outside. Remove ticks at once with tweezers: pull gently until they release their bite.

Illness and Injury

What is this chapter about?

This chapter is about how to take care of yourself and your family during illnesses and what to do when someone is injured.

Some illnesses and injuries you can treat at home. Some will need a doctor's help. Get help from a doctor or nurse immediately if you have any doubt about the seriousness of an illness or injury.

Where to go for help

Emergency room

Go to the *emergency room (ER)* when you have a serious problem – stroke, heart attack, severe bleeding, head injury, or other major trauma – go straight to the nearest ER.

Do not take a chance. The ER is the best place for these life-threatening and critical conditions.

Use the Emergency Room for:

Chest pain

Trouble breathing or shortness of breath

Bleeding that will not stop

Numbness in the face, arm, or leg, or trouble speaking

Sudden dizziness, weakness, or change in vision

Sudden or severe pain

A seizure

Sudden or unexplained loss of consciousness

Confusion

High fever with a stiff neck, confusion, or trouble breathing

Coughing up or vomiting blood

Broken bones

Vomiting or diarrhea when there is no urine for more than 8 hours

For a child or a baby:

Will not wake up easily

Has blue lips

Has problems breathing

Has a temperature above 100.4 degrees F or 38 degrees C taken under the arm. If your baby is 2 months old or younger, use a rectal thermometer.

When to call an ambulance – dial 911

A bad traffic accident

A person is unconscious

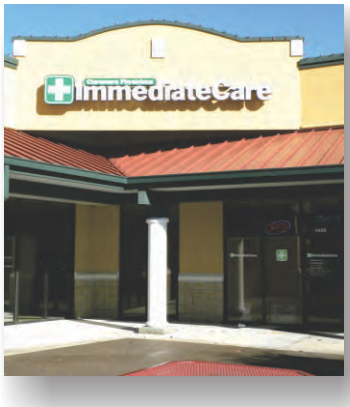
A person can not breathe

A person has a serious bleeding wound

Ambulances are only for emergency transport of sick and injured people who need medical attention now! The ambulance will take the sick person to the nearest hospital for help.

When you call 911, tell what the emergency is and wait for the ambulance.

Urgent Care



When your condition is less serious but still needs care right now, go to an *urgent care center*. It can save you time and money. Most urgent care centers are open for longer hours and can help you faster.

Call first if you do not know how serious your problem is. If the urgent care clinic cannot help you, they will tell you to go the nearest emergency room.

Urgent care clinics are also good places to get flu shots and physicals for sports or school.

Use Urgent Care for:

- Minor burns or injuries
- Sprains and strains
- Coughs, colds, and sore throats
- Ear infections
- Allergic reactions (non life-threatening)
- Fever or flu-like symptoms
- Rash or other skin irritations
- Mild asthma
- Animal bites
- Broken bones

Go to a clinic or call your doctor

When you or your child have a fever with vomiting or a rash.

When you have a problem breathing or your child is breathing fast (more than 40 times a minute) or working hard to breathe.

When your child has a fever of more than 102°. A baby under six months old with a low grade fever of 100.2° should be seen by doctor.

When your child is sick for more than a week even if the child does not have a fever. He or she could have a sinus infection or ear infection that needs treatment.

When there are signs that something is wrong: a child who seems dull or sluggish; or a child who, after being given medicine, does not want to play. You know your child better than anyone else, trust your instincts.

Common problems

Bites and stings

Do not handle biting or stinging creatures. If you can, save the animal for later identification. Identification may be important for the treatment. Do not waste time trying to catch snakes.

Allergic reactions

Allergic reactions tell you if the bite is serious enough to see the doctor immediately for:

- Children under 3 years old
- Heart patients
- Diabetics
- Elderly or injured patients
- People with allergies.

Multiple stings or bites, especially to the neck and head, might be really serious. Call your doctor right away.

Look for:

Wheezing
Difficulty breathing
Rapid, severe swelling
Stomach cramps
Vomiting
Dizziness
Chest tightness
Hoarseness
Blue lips

What to do

1. Wash the bite or sting well with soap and water.
2. Put an ice pack or cold compress on the wound for 15 minutes on and 15 minutes off. Never put ice directly on the skin. Do not use heat.
3. Elevate and rest the wounded area to slow swelling.
4. Watch the bite for several days. If there is more pain, swelling, or any other symptoms like flu or fever, go see your doctor.

Colds

Use saline nose spray to help ease stuffy noses.

Drink plenty of fluids. Any warm drink, apple juice or water, helps ease congestion and soothe throats. Citrus drinks can irritate throats.

Get plenty of rest. Naps are good!

Eat flavored ice pops to soothe throats and get liquid into the body.

Put hot or cold packs around the sinuses. Do not use a hot pack if your child is running a fever – it will raise the child's temperature.

Eat chicken soup. It is warm, easy on the tummy, and the steam is a decongestant. Do not use too much salt in the soup.

Put a small dab of petroleum jelly on the upper lip to ease chafing from a runny nose.

Drain the heavy syrup from canned peaches and drink it to help soothe sore throats.

Use honey to help soothe sore throats. *Never* give honey to children less than 1 year old. Babies and young children are at risk of infant botulism, a rare type of food poisoning.

Flu emergency signs

Adults

Take an adult to an emergency room when he or she shows the following emergency warning signs:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Confusion
- Severe or persistent vomiting
- Sudden dizziness
- Influenza-like symptoms improve but then return with fever and a worse cough

Children and teens

Take a child or teen to an emergency room when he or she shows the following emergency warning signs:

- Fast breathing or trouble breathing
- Bluish skin color
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Influenza-like symptoms improve but then return with fever and a worse cough

Food poisoning

Everyday foods might sometimes contain poisonous bacteria (germs). Poisonous foods may not smell or taste bad when you eat them. Cook and store foods the right way to prevent bacteria from growing.

Food poisoning symptoms look like a stomach virus. Most food poisoning symptoms will usually go away in 24 hours – some forms can be very dangerous or deadly. Only your doctor can tell you if the illness is because of food poisoning.

Look for:

Headache

Fatigue

Nausea

Vomiting

Diarrhea

Dehydration

Fever

Abdominal pain

See your doctor

Elderly people and infants can be much sicker than healthy young adults with the same symptoms.

Go see your doctor if you can not keep fluids down and symptoms last longer than a day.

Go see your doctor if there is blood in the vomit or stool and fever is high (101° F).

Go see your doctor if your child has fever and vomiting.

What to do

1. Drink plenty of water.
2. Do not take any medicines to stop vomiting or diarrhea unless your doctor tells you to.

Medicines and Drugs

What is this chapter about?

This chapter is about medicines and drugs to treat illnesses. Medicines can help when you or members of your family are sick, but only when the medicines and drugs are used the right way.

This chapter also has information on drug abuse and sources for help if you or members of your family are abusing drugs.

Taking medicine

When you or a family member are sick, your doctor might write a prescription for a medicine or tell you to use an "over-the-counter" medicine. Ask your doctor to explain anything you do not understand about the medicine before you take it or give it to the sick person.

far•ma•sist

Prescriptions are special medicines prepared by a **pharmacist** at a drug store and should only be taken by the sick person.

You can buy over-the-counter medicines without a prescription from drug stores and supermarkets.

Read the labels

Always read the labels on your medicine bottles before you take the medicine or give it to someone else.

Always follow the instructions on the label. The label tells you:

- How much medicine to take – the dose
- How often you can or should take a dose
- If you should eat before you take it or take it on an empty stomach
- If you should *not* eat or drink certain foods while you are taking the medicine

Talk to your doctor or the pharmacist if you do not understand any of the instructions on the label *before* you take the medicine.

Give the right person the right medicine

Do not give children medicine that is meant for adults. If you do not know about the right kind of medicine for your child, talk to your doctor or pharmacist.

If you do not understand the instructions or how to give the right amount, do not use the medicine until you *do understand.* Talk to your doctor or the pharmacist.

The American Academy of Pediatrics does not recommend giving over-the-counter cough and cold medicines to children under 4 years old. These medicines can cause bad side effects.

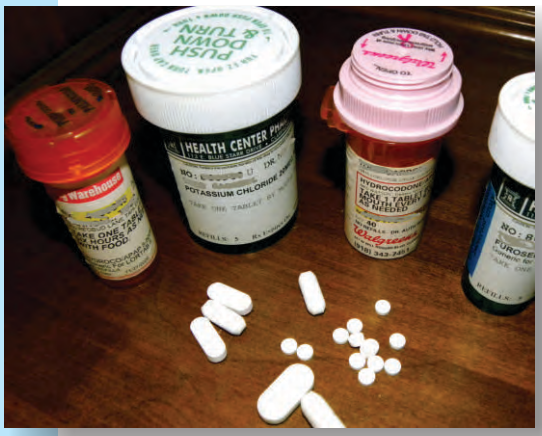
To be safe

If you do not understand the instructions for a medicine, ask questions before you take or give it.

Never take more than the instructions tell you to take. You will not get well faster. Too much medicine can be worse than too little.

Children are not "little adults." Only give children medicine made just for children.

Prescription drugs



Prescription drugs are to be taken only by the person whose name is on the label.

Prescription drug abuse is a growing problem. *Abuse* is use of the prescription by someone other than the person the doctor intended to take the medicine. *Abuse* is also taking more of the drug than the doctor prescribed for the patient.

Required prescriptions

When your doctor prescribes medicines, the doctor will tell you whether they are required or as-needed (optional).

an•tee•by•a•ticks

Required medicines include medicines like **antibiotics** for bacterial infections.

The doctor will prescribe the amount of medicine you need to get well over a period of days or weeks. Take all of these pills or liquids at the right time in the right amount. You might not get completely well if you stop taking them early just because you feel better. Do not save the last few doses for the next time you are sick.

Optional prescriptions

As-needed, optional medicines include ones like pain relievers – medicines you only need to take if you hurt. Your need for these will go away as you get well.

All over-the-counter medicines are as-needed, optional medicines.

How to spot prescription drug abuse

Most of the drug overdoses in Oklahoma are from prescription drugs. The most abused prescription drugs are **opiates** like

- Hydrocodone
- Oxycodone
- Morphine
- Fentanyl

o•pee•ates

Some overdoses are "cocktails" with both prescriptions and street drugs like marijuana, cocaine, methamphetamine, heroin, ecstasy, and PCP.

Look for:

Visits to pro-drug websites for "how to" get and abuse prescription and over-the-counter medicines

Cough or cold, prescription, or unidentified medicines on hand with no known illness

Unexplained disappearance of medicines from your medicine cabinet

Lower school grades, loss of interest in hobbies and regular activities

Change of friends, physical appearance, cleanliness, and behavior

Change in eating or sleeping habits

How bad is the problem?

In 2012, Oklahoma had more prescription drug abuse for people ages 12 and older than any other State in the country (per capita).

In 2010, 62% of Rogers County young people surveyed said drug misuse was for "recreational uses" such as to get high or because it felt good or to see what it felt like.

In 2009, 1.2 million Oklahomans went to the emergency room because of misuse or abuse of prescription drugs.

To be safe

Check 1 Count the number of pills in every prescription bottle in your home. Keep track of refills. Monitor the dosage if your teen takes any type of medication.

Protect 2 Put medications in a place that only you know about.

Remove 3 Throw away unused and expired prescription drugs when your teens are not home. Fill a container half-way with used kitty litter or coffee grounds. Drop prescription tablets and capsules into the bottle. Seal with lid; dispose of the bottle.

Talk to your children

! 64% of kids age 12-17 who have abused prescription drugs say they got them from family or friends. Talk to your teenagers about the dangers of abusing prescription medicines.

Drop off places

Take prescription drugs you no longer need to one of the places on the right. Leave them in the *drug drop-box* in the lobby. The drugs will be destroyed.

Claremore Police Department
200 W. 1st, Claremore

Rogers County Sheriff's Office
201 S. Cherokee, Claremore

Chelsea Police Department
508 Vine Street, Chelsea

Need help?

Healthy Community Partnership
Trisha DeLozier, 918-260-0301 or delotri@gmail.com

Oklahoma Poison Control Center
800-222-1222 or www.oklahomapoison.org

National Websites
http://www.painfullyobvious.com/
http://www.drugabuse.gov/
http://teens.drugabuse.gov/facts/index.php
http://www.dosomething.org/actnow/tipsandtools/11-shocking-facts-about-teens-and-drug-use
http://www.ok.gov/obndd/Education/index.html
http://www.drugfreeaz.org/
http://www.teendrugabuse.us/

Recreational drugs

Recreational drugs are any drug or solvent used for fun to get high – not for a medical reason. Both legal prescription drugs and illegal "street" drugs are used as recreational drugs.

Drug abuse and addiction are bad for everyone – the drug user, friends and family, the community, the country.

What is addiction?

Addiction is a brain disease that causes the drug users to seek and use drugs, even though there are harmful results to themselves and to people around them.

Drug addiction is a disease. Drugs change the brain in ways that make quitting very difficult, even for people who are ready to quit taking drugs.

There are treatments available to help people escape addiction's powerful effects. With addiction treatment medications and behavior therapy, most patients can stop abusing drugs.

Commonly abused drugs

ADHD prescriptions
Alcohol
Amphetamines
Barbiturates/Benzodiazepines
Bath salts
Cocaine
Ecstasy
Heroin
K-2 (Spice)
LSD
Marijuana (cannabis)
Methamphetamine
Opium
PCP
Psychedelic mushrooms
Solvents
Steroids

Talk to your children

Talk to your teenagers about the dangers of using drugs.

To find a publicly funded treatment center
in Oklahoma
call 1-800-662-HELP or go to
www.findtreatment.samhsa.gov

Need help?

Healthy Community Partnership
Trisha DeLozier, 918-260-0301 or delotri@gmail.com

Rogers County Drug Abuse Program Inc.
918-342-3334, Hotline: 918-341-9400

Human Skills and Resources Inc.
918-283-1423, www.humanskills.org

**Oklahoma Department of Mental Health &
Substance Abuse Services**
405-522-3619, Hotline: 800-522-9054 or KReid@odmhsas.org

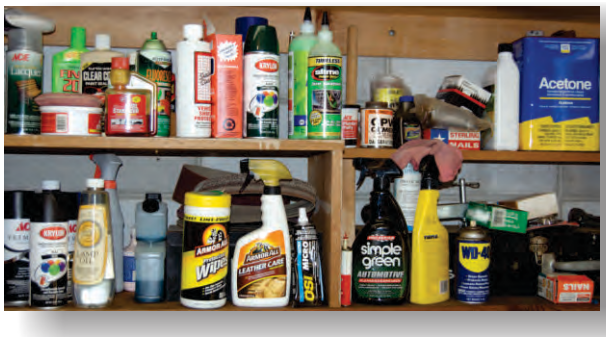
Oklahoma Poison Control Center
800-222-1222 or www.oklahomapoison.org

National Websites
http://www.painfullyobvious.com/
http://www.drugabuse.gov/
http://teens.drugabuse.gov/facts/index.php
http://www.dosomething.org/actnow/tipsandtools/11-shocking-facts-about-teens-and-drug-use
http://www.ok.gov/obndd/Education/index.html
http://www.drugfreeaz.org/
http://www.teendrugabuse.us/

Inhalant abuse

in•hay•lent

Inhalant abuse is breathing a product to get high. Inhalants can cause brain damage. The chemicals in inhalants go into the lungs in high levels and go directly to the brain.



Common abused products

Paint thinners and removers
Dry-cleaning fluids
Degreasers
Gasoline
Glues
Correction fluids
Felt-tip marker fluids
Lighter fluids
Spot removers
Spray paints
Deodorant and hair sprays
Bath salts
Vegetable oil sprays for cooking
Fabric protector spray
Air freshener
Asthma spray
Computer cleaner
Nitrous Oxide (laughing gas)
Whipped cream dispensers
Butane lighters
Propane tanks
Refrigerants
Nitrates

How to spot inhalant abuse

Look for:

Paint or stains on body, clothing, rags, or bags

Spots or sores around the mouth

Nose is red or eyes are runny

Breath smells like chemicals

Person looks drunk, dazed, or dizzy

Person has nausea or loss of appetite

Person is anxious, irritable, or excitable

Missing household, school, or commercial products you know are being abused

Problems in school and on the job:
Failing grades
Many absences
General apathy

Body damage

Severe and permanent brain damage

Death – some die the first time

Loss of consciousness

Permanent damage to the liver, kidneys, and bone marrow

Short-term memory loss

Hearing loss

Limb spasms

Possible chromosome damage

Possible damage to unborn babies

Need help?

Oklahoma Poison Control Center
800-222-1222 or www.oklahomapoison.org

The National Inhalant Prevention Coalition
800-269-4237 or www.inhalants.org

The National Institute on Drug Abuse
888-NIH-NIDA (888-889-6432) or www.drugabuse.gov