

SEPTEMBER 2026

# THE POISON PREVENTION SCRIPT

## National Preparedness Month: Preparing for a Poisoning Emergency

National Preparedness Month is recognized each year during the month of September. The purpose is to encourage people to establish a safety plan for disasters and emergencies. Most often this means making a plan in case of disasters such as wildfires, hurricanes, tornados, and flooding. But, did you know, this can apply to poisonings as well. Keep reading to learn more about you can do now in order to be prepared if a poisoning happens in your home.



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**ARIZONA**  
Poison and Drug  
Information Center





## Preparedness Planning for Poisoning Emergencies

Poisoning emergencies can be scary. Taking steps now, before something happens, can make the process of navigating an emergency much easier. This National Preparedness Month take time to talk with friends and family about your poisoning preparedness plan. Below are some helpful tips to help you come up with the best plan for safety.

### **Make sure everyone in your home knows the Poison Help number.**

Talk to everyone in your home about Poison Control, ensure they know about the types of things they can call us about. Let them know they can call poison control 24/7/365 at no cost. Have everyone save the number, 1-800-222-1222, to their phone to avoid having to search for the number if a poisoning happens. Additionally, place the number in a visible location in your home such as the refrigerator. You can order a magnet with the number using our [materials request form](#) and we will send it to you for free. Please note, we only send materials to Arizona counties within our service area. Otherwise, you can contact your local poison control center to request free materials.

### **Add Narcan to your first-aid kit.**

Narcan is used in case of an opioid overdose to reverse the effects of opioids in the body. It is important to remember opioid overdoses do not only happen due to illicit opioid use. Overdoses can result from taking too much prescription opioids, as well. For example, if someone in the home is taking prescription opioids after having a surgery and a child finds the medication and consumes it thinking it is candy, an overdose can happen. Having Narcan on hand can help save a life. Various community organizations provide Narcan for free, contact your local health department to learn where you can get Narcan.

### **Keep an “In case of emergency” information sheet readily available in your home. Include the following information**

- Emergency contact numbers: poison control, your doctor, your local pharmacy. If you have children in the home, include cell phone number's of their parents or caregivers.
- The physical address of the home in case you need to call for emergency services. This can be especially helpful if children need to make the call and do not have the address memorized.
- Any known allergies for anyone in the home and a list of medications that each person in the home takes. This can be helpful information to share with poison control specialists when calling about a poisoning.

For more information:



Scan the QR code or visit our website, [azpoison.com](https://azpoison.com) for more information.





## National Coffee Day: Caffeine Safety

September, 29<sup>th</sup> is National Coffee Day! Various types of coffee beverages contain different levels of caffeine. Consuming caffeine in moderation is safe but too much can result in caffeine overdose. Mild overdose symptoms include jitters, rapid heart beat or heart palpitations, headache or dizziness, and increased anxiety. Severe overdose symptoms include shortness of breath, dangerously high blood pressure, chest pain, confusion or seizures. Safety tips: if you consume caffeine, do so in moderation. Keep caffeine containing items away from pets as it is highly toxic to dogs, cats, and other pets. Keep caffeine products stored away from children's reach. Children are more sensitive to the effects of caffeine and large amounts can be dangerous.



## In the Community: Upcoming October Events

Next month is a busy time for our educators as they attend various fall health fairs. Some upcoming events include:

**AZ Insect Festival:** The festival will be held on Sunday, October 4<sup>th</sup> 10am-3pm in the ENR2 building (1064 E. Lowell St., Tucson AZ) on the University of Arizona campus. The event is free to attend and open to the public. We will be there providing information on bites and stings safety.

**TMC Spooktacular Safety Fair:** This event will be held on Saturday, October 17<sup>th</sup> 10am-1pm at TMC Rincon (10350 E. Drexel Rd. Tucson, AZ). This event is also free to attend and open to the public. We will be providing poison prevention education to attendees.

If you attend either of these events, be sure to stop by our table!





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<https://azpoison.com/education-outreach/poison-prevention-script>

## Staff Spotlight: Dr. Trevor Thiss, DO



**Dr. Trevor Thiss** is our first-year toxicology fellow, and we are so excited to welcome him on with our team! He was born and raised in AZ and earned his undergraduate degree at the University of Arizona with a major in Physiology and minor in Music. He earned his medical and master's of science in anatomy degrees at Des Moines University in Iowa. Trevor loves toxicology because it is a specialty that can never lose its connection from the basic sciences to clinical decision making and provides so much opportunity for teaching the next generation of physicians.

"Every day I'll appreciate something new and fascinating in this field" -Trev

In addition to his interests in medical toxicology and teaching, he is an emergency medicine physician practicing here in Tucson, AZ providing care to primarily underserved patients in the American Southwest in both academic and rural community settings. He enjoys the outdoors, adventures to come, and spending quality time with those closest to him.