

MARCH 2025

# THE POISON PREVENTION SCRIPT

## Spring is in Bloom

### Happy Spring!

With the weather turning to be more pleasant comes new risks for exposures. Plants that are blooming, our desert critters that are becoming more active, and people generally spending more time outdoors during this time all increase the risk of seasonal exposures. In this month's newsletter we are focusing on providing information about poisonous plants and plant safety. Keep reading to learn about some of the common poisonous plants in Arizona and what you can do prevent an accidental plant poisoning.

### Annual Report

We recently published our 2024 Annual Report. This report summarizes the experiences of our center in 2024, including information on our most common calls, public education efforts, and media presence. The report can be accessed on our [website](#).

## In this issue:

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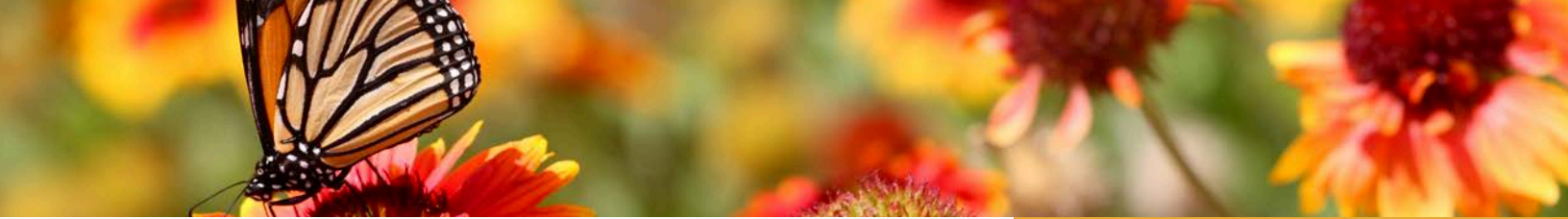
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**ARIZONA**  
Poison and Drug  
Information Center



 1-800-222-1222



## Poisonous Plants & Plant Safety

Many of the plants common in Arizona and commonly used for landscaping purposes carry some level of toxicity. The following are some classes of poisonous plants, the symptoms they may cause, and examples of plants that fall within these categories. Please note this is not an all-inclusive list and, although one plant is listed under one category, it can also cause other symptoms as well.

### Cardiac Glycosides

Some plants contain cardiac glycosides which can affect the heart. Consuming these plants can cause heart problems such as a heartbeat that is too fast or too slow. In severe cases, exposures to these types of plants could be fatal. All parts of the plant (stems, leaves, flowers) are toxic. Some examples of these plants include Oleander, Foxglove, and Lily of the Valley.

### Skin Irritants

Cacti, Marigolds, Poison Ivy, and Ruby Plants are examples of plants that can irritate the skin. Exposure to the leaves or sap of these plants may cause dermatitis with symptoms like rash, swelling and itching of the skin.

### Stomach Irritants

Stomach irritating plants can cause gastrointestinal symptoms such as stomach cramps, nausea, vomiting, and diarrhea. Examples of stomach irritating plants include Daffodils, Mexican Bird of Paradise, and Aloe. Consuming any part of these plants (leaves, roots, seed, etc.) may result in stomach irritation.

### Preventing a Plant Poisoning

- Know the names of all plants around your home. Local nurseries can help with plant identifications.
- Monitor pets and children while outdoors. Brightly colored flowers can tempt children and pets; monitor to ensure they do not consume plants.
- Do not assume a plant is safe because birds or other wildlife eat it. Wildlife are able to safely consume things that we cannot.

### First Aid

- Remove contaminated clothing and wash areas of exposed skin with soap and water.
- Remove any parts of the plant from the mouth and wipe out mouth.
- Contact Poison Control for treatment advice.

For more plant information:



<https://azpoison.com/poison/plants>

Visit our website for more information about plants and plant safety.





## National Poison Prevention Week

National Poison Prevention Week (NPPW) was established in 1961 by Congress and is recognized annually during the third week of March. This year, NPPW is March 16th-22nd. Poisonings are one of the leading causes of injury and injury-related death in the United States. Each year our center manages thousands of poisoning cases occurring among people of all ages. National Poison Prevention Week aims to increase awareness of prevention practices and poison center services.

There are many ways that you can take action to prevent poisonings from happening. This year for National Poison Prevention Week, we put together 31 ideas, one for each day of March, of things you can do to keep you and others safe from poisonings--this can be accessed on our [website](#).

Additionally, during NPPW we have some fun content planned for our social media platforms including some fun trivia and wordle games. Stay tuned!



Be Prepared, Save  
the Poison Help Line  
1-800-222-1222

We're Here for You.



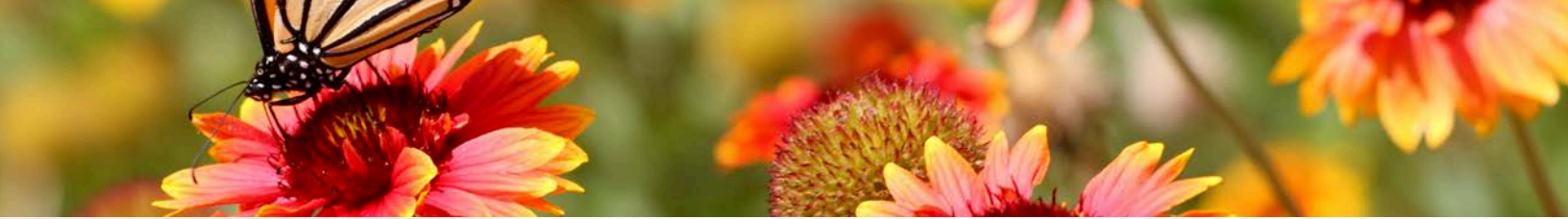
## In the Community: Family SciFest at Tucson Children's Museum



The springtime is a busy time for our educators as they participate in several health fairs and travel to various schools to give presentations to students.

Last month, our educators participated in the Tucson Children's Museum's Family SciFest event (pictured). Educators provided information about poison center services and general safety. Children also had the opportunity to play a "Look-a-like" game and learn about the importance of asking a trusted adult before consuming anything.

Coming up, you can catch us at the Tucson Festival of Books on March 15th and 16th. We will be in the Science City section of the festival under the Science of You tent. See you there!



## Connect with us on social media



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## Subscribe to the Newsletter



<https://azpoison.com/content/poison-prevention-script-mailing-list>

## Staff Spotlight: Meet AZPDIC Operations Manager and Poison Information Specialist, Alex Jasensky

### Alex Jasensky, PharmD, CSPI



Alex Jasensky, PharmD, CSPI, is a board-certified Specialist in Poison Information (CSPI) who earned his Doctor of Pharmacy degree from the University of Arizona College of Pharmacy in 2014. He has been with the Arizona Poison and Drug Information Center for 11 years, providing critical toxicology expertise to both the public and healthcare professionals. As a CSPI, Alex has played a key role in assessing and managing poison exposures, medication overdoses, and toxic substance exposures, ensuring timely and evidence-based recommendations to optimize patient outcomes.

In 2023, Alex transitioned into the role of Operations Manager, where he now oversees the center’s daily functions, including staffing, protocol development, quality assurance, and regulatory compliance. In this capacity, he works to enhance operational efficiency, support staff training, and ensure the center maintains its high standard of service. Despite his administrative responsibilities, Alex continues to take calls as a CSPI, directly contributing to patient care and supporting the center’s mission of providing accurate, life-saving information to Arizonans.