

MAY 2025

# THE POISON PREVENTION SCRIPT

## Heat Safety & Risk of Poisoning

**High temperatures can lead to an increased risk of poisoning. Stay safe this summer!**

It's no secret that summers in Arizona are hot-to say the least. With high temperatures comes the risk poisonings including heat-related illness, adverse reactions associated with certain medications, and accidental poisonings related to sunscreen. In this issue we discuss these topics and provide tips to reduce the risk of poisoning during the season of high temperatures.



## In this issue:

Heat Safety and Risk of Poisoning

National Pet Month: Pet Poison Helpline

In the Community: April Outreach Events

Staff Spotlight: Dr. Anne Marie Guthrie, PharmD, BCCCP, Clinical Toxicology Fellow

**ARIZONA**  
Poison and Drug  
Information Center



 1-800-222-1222

## Heat Safety and Risk of Poisoning

Temperatures are just starting to climb here in Arizona. From the months of May through October, Arizona is one of the hottest places in the United States with triple digit temperatures for several consecutive days. According to the Arizona Department of Health Services, over 3,000 visit the emergency department each year due to heat-related illness. Here's what you can do to stay safe during high-temperature days.

### **Talk to your doctor about your medications.**

Certain medications can increase your body's intolerance to heat by affecting the body's ability to regulate body temperature, cause an increase in body temperature, impair sweating (the body's cooling mechanism), and cause dehydration. These medications include antidepressants, diuretics, antihistamines, and blood pressure medications. Moreover, some medications can increase the skin's sensitivity to the sun, leading to an increased risk of sunburns.

If you have concerns about the side effects of your medications, speak to your doctor or pharmacist. If you take any of the medications listed above, do not suddenly stop taking them. Talk to your doctor first about your concerns.

### **Use sunscreen while outdoors.**

Sunscreen should be a part of your daily routine year-round, even on cloudy days, but it becomes even more important during the intense days of the summer. Sunscreen works by absorbing or reflecting UV light to prevent damage to the skin. Choose products with an SPF of 30 or higher and reapply every two hours for maximum protection.

### **Practice safe storage.**

Exposure to sunscreen (i.e. by ingestion, inhalation, or eye exposure) typically produces only mild effects. However, sensitivity to ingredients in sunscreen can vary. Use products only as directed and store products up and away from the reach of children.

### **Stay hydrated and stay cool.**

Dehydration can increase the risk of heat exhaustion and heatstroke, especially during times of prolonged sun exposure. Extended time in the sun can also increase risk of heat-illness by raising body temperature and causing dehydrations. Stay hydrated and stay cool: find a cooling center near you at [this link](#).

For more information  
related to heat safety:



<https://www.azdhs.gov/preparedness/epidemiology-disease-control/extreme-weather/heat-safety/index.php>





## National Pet Month: Pet Poison Helpline

May is National Pet Month—a time to celebrate our furry friends. Those of us with pets understand how important their safety is to us. A question that we are commonly asked is whether we take calls related to pet exposures. While the Arizona Poison and Drug Information Center manages a small percentage of pet cases each year, the Pet Poison Helpline exists as a separate poison center dedicated to animals.

The Pet Poison Helpline is staffed by veterinary health experts who have been trained in veterinary toxicology. The center operates 24/7 to provide professional advice for all types of pets—cats, dogs, avian, small mammals, large animals, and exotic species. Please note, using Pet Poison Helpline services does require an \$89 incident fee.

When people call the Arizona Poison and Drug Information Center about pet exposures, our specialists may be able to help, but callers may be referred to the Pet Poison Helpline or to their vet.

24/7 ANIMAL POISON CONTROL CENTER

**Expert help is  
a call away**

**(855) 764-7661**

\$85 incident fee applies



## In the Community: April Outreach Activities

April was a busy one for our educators with various outreach activities. Community Outreach Coordinators, Cori Cantin and Heather Doss, traveled to various places to provide presentations, participate in health fairs, and spread the prevention message.

On April 12<sup>th</sup>, Cori visited Kartchner Caverns to be a part of their Desert Dialogues event. She provided a presentation on venomous critters, including rattlesnakes, scorpions, and Gila Monsters. Cori also provided information on preventing a bite or sting from one of our desert critters.

On April 29<sup>th</sup>, Heather participated in the National Fentanyl Awareness Day event at the University of Arizona. Heather provided information on what fentanyl is, distinguishing between legal (medical) and illicit fentanyl. She also talked about safety in administering Narcan and provided information about the Opioid Assistance and Referral Line.



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## Staff Spotlight: Dr. Anne Marie Guthrie, PharmD, BCCCP Clinical Toxicology Fellow

Dr. Anne Marie Guthrie, PharmD, BCCCP



Dr. Guthrie attended pharmacy school at the University of Kentucky College of Pharmacy. After graduation, she completed a PGY1 Pharmacy Practice Residency at the University of Illinois at Chicago College of Pharmacy followed by a PGY2 Emergency Medicine Pharmacy Residency at the University of Kentucky Chandler Medical Center. She worked in emergency departments as a clinical pharmacist in Boise, Idaho and Boston, Massachusetts for several years before moving west to complete a clinical toxicology fellowship with the Arizona Poison and Drug Information Center in Tucson. Now as a second-year fellow, she spends the majority of her time on research and clinical education. After graduation at the end of June, she is moving to Albuquerque, NM, and hopes to continue working with the poison center and/or stepping back into clinical practice at the hospital.