

# NATIONAL POISON PREVENTION WEEK

March 17-21, 2025

Almost anything can be poisonous if its used in the wrong way, in the wrong amount, or by the wrong person. Many believe Poison Control Centers primarily get calls about children, but only about half of their calls are about children. The other half are made up of teens, adults, and older adults. Those are usually the more serious cases. It is important to know that these centers are not just for children, they are for everyone, so it will always be an important number to have on hand.



Find out more at: [PoisonCenters.org](http://PoisonCenters.org)

## Home Safety Tips

1

Keep cleaning products, cosmetics, and medications up and away.

2

Read product labels before each use.

3

Supervise young children when using hand sanitizer.


4


Don't mix cleaning products together.


## MENTAL HEALTH CORNER

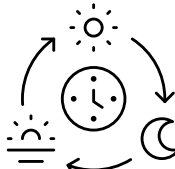
*National Sleep Awareness Week*


March 9-15, 2025


 Spend time in bright light during the day, natural light or equivalent brightness.

 Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.

 Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.

 Use a consistent routine with a relaxing wind down to help get the sleep you need each night.

 Eat your meals at a consistent times day after day.

 Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

Find out more at: [TheNSF.org](http://TheNSF.org)