

# **POISON CONTROL**



More than one million of our nation's children under the age of five are exposed annually to potential poisons such as medicines and typical household chemicals. Simple steps such as using child-resistant packaging as instructed and locking up medicines and household chemicals in medicine cabinets, will safeguard our nation's future generations.

**(800) 222-1222**

**The free National Poison Hotline**

**24 hours a day**

**7 days a week**

**365 days a year**

**Keep the number for the Poison Control Center by every phone**

**Never leave young children alone, not even for just a minute!**

## **Poison Safety Tips:**

- Keep medicine out of the reach of children.
- Always follow instructions on cleaners and other toxic materials.
- Never administer or take medicine in the dark.
- Keep hazardous products in their original containers.
- Never carry something that can be poisonous, such as a medicine, in a purse where children may find it.
- All medicines and household cleaning products should be stored in locked cabinets, out of the reach and sight of children. Do not leave poisons on a counter or in an unlocked cabinet.
- Safety latches on drawers or cabinets, and child resistant caps on bottles, are helpful in keeping poisons out of the hands of children. But remember, they are not "child-proof" and do not substitute for your careful and constant supervision.
- If you must change containers, label new ones with their content.
- When gardening in an area that's frequented by small children, avoid the use of herbicides for weed control.

- Ensure all combustion equipment is properly vented.

▶ **BEFORE** using a cleaning product, read the instructions on the bottle.

▶ **WHILE** using a cleaning product, never leave it alone. A child may find it.

▶ **AFTER** using a product, put it back in a locked cabinet. Make sure the container is closed tightly.

### **Babysitters:**

Before you leave your child with a baby sitter write down each child's:

- ✓ ▶ age and weight
- ✓ ▶ any allergies or medical conditions
- ✓ ▶ their doctor's name and telephone number
- ✓ ▶ how the parents can be reached in an emergency

If you ask your baby sitter to give medicine to a child, ensure they know and can follow the instructions on the bottle. Also make sure they know how important it is to return the bottle to a safe storage place right away and never leave a child alone, especially if they are in the same room with the medicine!

### **Possible Poisoning:**

If you think someone has been poisoned call right away. Do not wait for the child to look or feel sick. The Poison Center will tell you what to do to help the child. Make sure you know the Poison Center's telephone number. Keep a card or sticker with the Poison Center's telephone number and carry it with you on your babysitting jobs.

For more poison prevention and first aid information call **1-800-222-1222**.

## *Poison Tips for Children*

▶ A poison is something that makes you sick or hurts you if you eat, drink, touch or smell it.

▶ Poisons can be SOLID. Solid poisons can be chunky or chewy like pills, batteries, plants, and berries.

▶ Poisons can be LIQUID. Liquid poisons can be creamy, blobby, or like water. They can be any color. Some liquid poisons are floor cleaners, antifreeze for the car, cough syrup (if you take too much), and lamp oil.



▶ Poisons can be SPRAYS. They can be in a spray can or bottle. The spray can get in your eyes or in your lungs if you breathe it. Some kinds of spray poisons are furniture polish and bug spray.

▶ Poisons can be INVISIBLE. It can be found almost anywhere that something is mixed in with smoke or can come out of the back of a car or bus



▶ Poisons can be INVISIBLE. You can't see it, or smell it, or touch it. poison can be found almost anywhere that something is mixed in with smoke or can come out of the back of a car or bus when the engine is running.

▶ A poison can come in pretty colors. It can come in many shapes and sizes. It can be invisible. A poison can smell good. It can also taste good. A poison can even look like something good to eat or drink.



▶ You can get poisoned by eating, drinking, touching, or smelling something that can make you sick or hurt you. Some things, like medicine, can make you sick if you take the wrong kind, or if you take too much. Always ask a trusted grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe to eat. Ask a grown-up first! Where are poisons found?



▶ Poisons are everywhere. They can be found in your garage, in your kitchen, in your bathroom, or in any room in your home. They can even be found in Grandma's purse! Poisons can be found outside, like some plants, berries and mushrooms.

▶ If you think you got into a poison, tell a grown-up right away! They will call the Poison Center. The Poison Center will tell them how to help you. If you think your Mom or Dad, or your brother or sister, or even your friend got into a poison, you can call the Poison Center too. Learn the Poison Center's phone number: and make sure you have the number of the Poison Center on or near the telephones in your house.

▶ If you don't know what something is, do not put it in your mouth. Always ask a trusted grown-up first.

▶ Never take medicine unless a grown-up gives it to you.

▶ Some plants and berries are poisonous. Always ask a grown-up before you put them in your mouth.

▶ Always let grown-ups use spray cans and bottles. You should not touch or play with them!

▶ Stay away from things used to clean your house, clothes or car.



For more poison prevention and first aid information call **1-800-222-1222**.

## Poison Tips for Teen Babysitters



Caring for children is a great job, but keeping children safe is a serious and important part of babysitting. Poisoning is one of the most common childhood injuries. Most of the time poisoning happens right at home. Children who are between the ages of eight months and six years old are the most likely to be poisoned. Poisons can look like things that are good to eat and drink. They can come in many colors and forms including solids, liquids, sprays or gases. Young children are curious. They like to put things in their mouth, especially if they look colorful or smell nice. It's a good idea to have emergency information handy when you're babysitting.



## Poison Prevention Tips - Adults

▶ Read and follow the directions and warnings on the label before taking any medicine. If you have any questions about the intended use of your medicine, contact your doctor.



▶ Some medicines are dangerous when mixed with alcohol. Consult your doctor or pharmacist.

▶ Be aware of potential drug interactions. Some medicines interact dangerously with food or with other medicines. Your doctor should be made



aware of all medicines, prescription or over-the-counter, you are currently taking.

- ▶ Talk to your doctor before taking any natural or herbal supplements.
- ▶ Never take medicines in the dark.
- ▶ Old and outdated medicines should be flushed down the toilet.
- ▶ Some medications can become dangerous or ineffective over time.
- ▶ Never share prescription medicines. Medicines should be taken by the person prescribed and for the reason prescribed.

If you have a poisoning emergency call **1-800-222-1222**.



## Household and Chemical Products

- ▶ Keep potential poisons in their original containers.
- ▶ DO NOT use food containers such as cups or bottles to store household and chemical products.
- ▶ Store food and household and chemical products in separate areas. Mistaken identity could cause a serious poisoning.
- ▶ Read and follow the directions and caution labels on household and chemical products before using them.
- ▶ Never mix household and chemical products together. A poisonous gas may be created when mixing chemicals.
- ▶ Turn on fans and open windows when using household and chemical products.
- ▶ When spraying household and chemical products, make sure the spray nozzle is directed away from your face and other people.
- ▶ Wear protective clothing--long sleeve shirts, long pants, socks, shoes and gloves--when spraying pesticides and other chemicals. Pesticides can be absorbed through the skin and can be extremely poisonous.
- ▶ Stay away from areas that have recently been sprayed.
- ▶ Never sniff containers to discover what is inside.
- ▶ Discard old or outdated household and chemical products. First aid instructions on product containers may be incorrect or outdated.
- ▶ Call if an exposure occurs.

Keep the telephone number **1-800-222-1222** on or near your telephone.

## First Aid Tips for Poisoning

Has the person collapsed or stopped breathing?

- ▶ Call **911** or your local emergency number right away.

Swallowed the wrong medicine or too much medicine?

- ▶ Call **1-800-222-1222**.



### Inhaled poison?

- ▶ Get to fresh air right away and call **1-800-222-1222**.

### Poison on the skin?

- ▶ Take off any clothing that the poison touched.
- ▶ Rinse skin with running water for 15 to 20 minutes.
- ▶ Call **1-800-222-1222**.

### Poison in the eyes?

- ▶ Rinse eyes with running water while calling **1-800-222-1222**.

## Frequently Asked Questions

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What should I do if I think someone's been poisoned?

- ▶ Follow the first aid instructions if you can. Then call right away!
- ▶ The poison center experts will tell you exactly what to do. Then they will follow-up with you by phone to be sure that everything is all right.
- ▶ DO NOT wait to call! If you call right away, the problem can often be taken care of over the phone. Don't wait for symptoms!

## Why should I call the poison center?

- ▶ The poison experts are at the poison center, 24 hours a day, 7 days a week. When your health care provider has a question about poisons, he or she probably calls the poison center too.
- ▶ When you call the poison center for a poison emergency, your problem can probably be taken care of over the phone. This is much faster and cheaper than calling an ambulance and going to the emergency room.
- ▶ If you do need hands-on care, the poison center will call an ambulance for you, give treatment advice to the ambulance crew, then call the emergency department so they're ready for your arrival.