



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

Poisonings and Poison Prevention

What to do if you think someone is poisoned

Do NOT make the poisoned person throw up!

Call the Poison Center:

Direct Phone Line: 1-800-222-1222

T.T.Y: 866-688-0088

- Fast, free, private medical help!
- Always open - every day, 24 hours a day.
- Pharmacists and nurses will help you.

1-800-222-1222
Poison Emergency Hotline
(anywhere in the US)



If the person has collapsed or stopped breathing, call 911 right away.

Why young children get into things

Children are always changing and growing. They are naturally curious. They are often “getting into things.” They learn by doing what they see others do. When they see someone using cleaner, smoking cigarettes, taking medicine, or drinking alcohol, they copy what they see. Children grow fast - products considered safe from the reach of a 10-month-old child may become easy to reach just a few months later. Make sure that other places your child visits are also safe from poisons. Ask relatives, friends, and baby sitters to Be Poison Smart!® and poison-proof their homes too.

How to “Be Poison Smart!®”

Look for “pretty poisons,” or look-alike products. Things that look like something good to eat or drink to a child can be harmful if tasted, swallowed, or gotten on the skin or in the eyes. Every time you take something home, **ask yourself:**

- Can this product be a “pretty poison” (look-alike)?
- Is it medicine or vitamins?
- Does it have alcohol in it?
- Does it contain gasoline, insecticides or pesticides?

If the answer is “yes” to any of the above questions, store the product **out of sight and out of the reach of children!**

Storing products:

Use the lower shelves to store harmless items. Leave space for poisons in high cabinets.

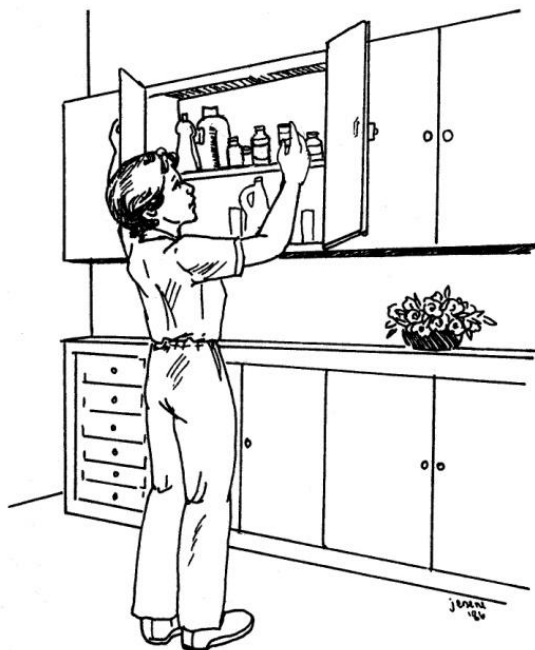
Locks and Latches

Parents might think that putting latches on cabinet doors will keep kids away. The truth is that kids are interested in new challenges and puzzles. They love to discover new things. They will learn quickly how to open things just by watching you. Be Poison Smart! Keep potential poisons in cabinets high up.

Containers

Always use products with child-resistant caps. But remember – the **caps are not** childproof. Keep products in their original, labeled containers. Read the entire label before every use.

Picture 2 Store products out of sight and out of reach.



Medicines

Read more about this in Helping Hand V-157: *Medication Safety*.

- **Never** call medicine "candy."
- Don't take your medicine in front of kids.
- **Never give medicine in the dark.**
- Keep track of all the medicine your child is taking. Ask the nurses for Helping Hand: HH-V-1, *Medication Record Form*.
- Always read the label before giving a medicine. Make sure it is for the right child.
- Always use the measuring tool that came with the medicine.
- If your child cannot take his or her medicine on time, always check with the doctor or call the poison center to make sure it is ok to give the medicine before the next dose.
- Always give the full dose of medicine. Make sure your child finishes the full length of antibiotics as it was prescribed, even if he or she is feeling better.
- Do not keep old medicine. Do not hold on to medicine that was not finished or no longer can be used. Ask your child's doctor or nurse how to get rid of old medicine safely. Ask for Helping Hand HH-V-228, *Proper Disposal of Medicine*.

Plants

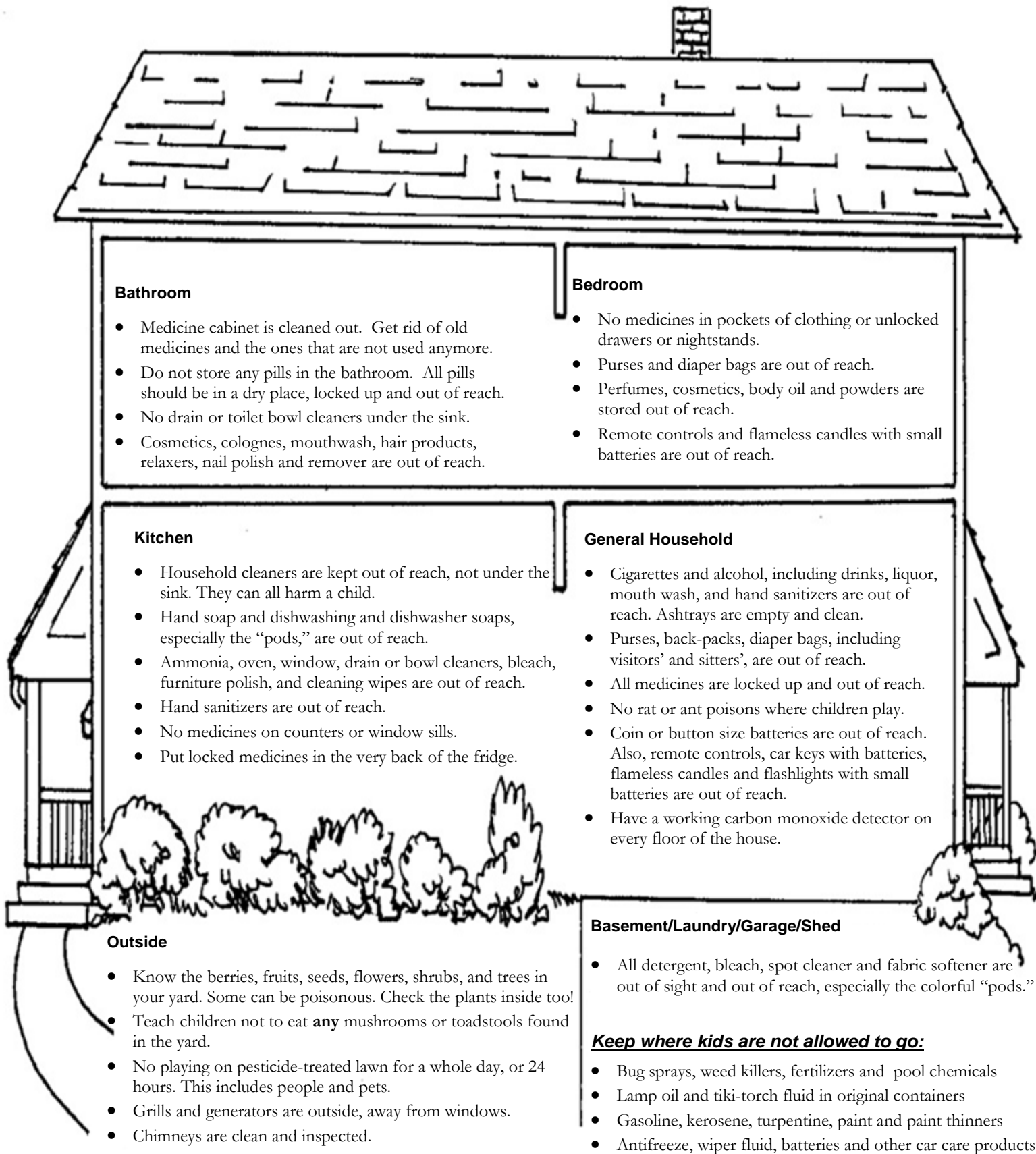
Know the names of all your plants, both indoors and out. To find out the plant names, take a branch or leaf to your local plant store. Keep poisonous plants out of children's reach.

Carbon Monoxide

This is a deadly gas that you can't hear, smell or see. It could be coming from your gas stove or dryer, furnace, fireplace, grill, generator or car when it is left running in the garage. Make sure you have a working carbon monoxide detector on every floor in your home.

How to poison-proof your home

Look for "pretty poisons" (look-alikes) in every room in your home. Check all cabinets, cupboards, drawers and shelves. Remove and store all poisonous products in cabinets up high or in locked cupboards. Use this guide as a checklist to poison-proof your home:



Bathroom

- Medicine cabinet is cleaned out. Get rid of old medicines and the ones that are not used anymore.
- Do not store any pills in the bathroom. All pills should be in a dry place, locked up and out of reach.
- No drain or toilet bowl cleaners under the sink.
- Cosmetics, colognes, mouthwash, hair products, relaxers, nail polish and remover are out of reach.

Bedroom

- No medicines in pockets of clothing or unlocked drawers or nightstands.
- Purses and diaper bags are out of reach.
- Perfumes, cosmetics, body oil and powders are stored out of reach.
- Remote controls and flameless candles with small batteries are out of reach.

Kitchen

- Household cleaners are kept out of reach, not under the sink. They can all harm a child.
- Hand soap and dishwashing and dishwasher soaps, especially the “pods,” are out of reach.
- Ammonia, oven, window, drain or bowl cleaners, bleach, furniture polish, and cleaning wipes are out of reach.
- Hand sanitizers are out of reach.
- No medicines on counters or window sills.
- Put locked medicines in the very back of the fridge.

General Household

- Cigarettes and alcohol, including drinks, liquor, mouth wash, and hand sanitizers are out of reach. Ashtrays are empty and clean.
- Purses, back-packs, diaper bags, including visitors’ and sitters’, are out of reach.
- All medicines are locked up and out of reach.
- No rat or ant poisons where children play.
- Coin or button size batteries are out of reach. Also, remote controls, car keys with batteries, flameless candles and flashlights with small batteries are out of reach.
- Have a working carbon monoxide detector on every floor of the house.

Outside

- Know the berries, fruits, seeds, flowers, shrubs, and trees in your yard. Some can be poisonous. Check the plants inside too!
- Teach children not to eat **any** mushrooms or toadstools found in the yard.
- No playing on pesticide-treated lawn for a whole day, or 24 hours. This includes people and pets.
- Grills and generators are outside, away from windows.
- Chimneys are clean and inspected.

Basement/Laundry/Garage/Shed

- All detergent, bleach, spot cleaner and fabric softener are out of sight and out of reach, especially the colorful “pods.”

Keep where kids are not allowed to go:

- Bug sprays, weed killers, fertilizers and pool chemicals
- Lamp oil and tiki-torch fluid in original containers
- Gasoline, kerosene, turpentine, paint and paint thinners
- Antifreeze, wiper fluid, batteries and other car care products

Like us on Facebook to receive more information and check out the Central Ohio Poison Center’s website at www.bepoisonsmart.org/poisonpreventionresources.