

Poison Prevention

Everything you need to know to keep your kids safe from a poison.

Safe Kids Worldwide says half of the 2 million calls to poison control were for exposures in children 5 and under.

What is a poison?

A poison is anything that will make you sick if you eat it, drink it, breathe it or get it on your skin or in your eyes.

In the kitchen

- Use safety latches on lower cabinets.
- Store non- food products on high shelves
- Use natural safer alternatives like vinegar or baking soda for cleaning.
- Store products in their original containers.

Medicine Safety

- Keep all medicines, vitamins, iron pill substances locked up or out of sight and reach.
- Buy medicines in child-resistant bottles.
- Never refer to medicine as candy.
- Use a dosing spoon to make sure you are giving your child the right dose.
- Check expiration dates and dispose of all old medicine as directed.



Other tips

- Carbon monoxide is a dangerous odorless, colorless, tasteless gas.
- Install carbon monoxide and smoke detectors
- If your home was built before 1978, your child may need to be tested for lead poisoning
- Teach children never to put mushrooms, berries, or any part of a house or outdoor plant in their mouths because many are poisonous.
- Insect sprays with DEET can be harmful to young children if not washed off after use.

In case of poisoning, follow these steps:

- If the child is unconscious, not breathing or having convulsions, call **9-1-1**.
 - Try to identify the poison.
 - Check your child's mouth for any substance that may not yet have been swallowed and remove it.
 - If a poison is spilled on the skin, remove any damp clothes and rinse the skin for 15 minutes.
 - If poison is in the eye, flush it with water for 15 minutes.
 - Call the Poison Control Center **1-800-222-1222**
- Do not make the child vomit unless told to do so by the Poison Control Center

Protect your children

- Make sure your home is childproofed before your child can crawl. For help with childproofing, download the Childproofing Checklist at www.texaschildrenshospital.org/InjuryPrevention
- Teach preteens that inhaling substances can be deadly. To find out about inhalants go to www.inhalants.org. Keeping kids busy in sports and other activities can prevent boredom, which can lead to problems. Children who are involved and feel good about themselves are less likely to experiment.



**Store all
household
products out of
children's sight
and reach.**