

POISON PREVENTION TIPS FOR PARENTS

- Lock up all medicines and vitamins, child resistant packaging may not stop them from getting into the product; it only slows them down.
- Keep products in their original containers. Do not use cups, soda cans/bottles, or jugs as storage containers.
- Cleaning products, chemicals, and medicine should be stored separate from food items. The products should be stored out of sight and out of reach of children.
- Never call medicine candy or make a game of taking it.
- Never take medicine in front of your children. Children learn by watching and mimicking you; they will watch how you take it and where you put the bottle.
- Take your child with you when answering the phone or the door.
- Communicate with other adults caring for your child. Children often get overdoses of medicine when one caregiver forgets to tell others that the child has already received the required dose.

TIPS FOR EVERYBODY:

- Follow your doctor or pharmacist's directions for taking the medicine. Read the information on usage and side effects. If you don't understand something, ask your doctor or pharmacist.
- Never mix different medications in one bottle. Never add leftover medicine from one container to a new container.
- Know which foods, drinks, and medicines may interact if taken with your daily medicine.
- Take or give medicine while you are alert in a well lit area. If you wear glasses, put them on to ensure you have the right medicine.
- Take your medicines on a schedule and for the entire duration prescribed, even if you feel better.
- Do not crush, chew, or break capsules unless instructed to do so by your doctor or pharmacist.
- Do not put non-food items in food containers or store in the refrigerator.
- Do not transfer substances from original containers to unlabeled containers.
- If preparing home and garden products (e.g. pesticides, herbicides, fertilizers, cleaning solutions) from concentrate, label all containers with the name of the product and strength.
- Make sure you understand the instructions before using household products. For example, NEVER mix bleach with ammonia or with acidic substances like toilet bowl cleaner. This will cause the formation of toxic fumes.
- Know the common and botanical names of the plants in your home and yard.

1-800-222-1222

WHAT TO DO IF A POISONING OCCURS

STAY CALM, and contact the poison center right away:
1-800-222-1222

Attention, in most cases, the use of syrup of ipecac to induce vomiting is no longer recommended.

Swallowed Poison:

Medicine: Do not give anything by mouth until calling the poison center.

Chemical or Household products: Do not give anything by mouth until calling the poison center. Do not wait for symptoms to develop.

Poison in the Eye

Flood the eye with lukewarm (not hot) water poured from a large plastic cup 2 to 3 inches from the eye. Continue for 15 minutes. Have the person blink while flushing the eye. Do not force the eyelids open.

Inhaled Poison

Immediately get the person into fresh air. Avoid breathing fumes. Open doors and windows wide. If victim is not breathing, call 911 and begin CPR, if able.

Poison on the Skin

Remove contaminated clothing and flush the skin with water for 10 minutes. Then wash the effected area gently with soap and water and rinse thoroughly.


SSM Cardinal Glennon Children's Hospital



Missouri Regional Poison Center

St. Louis
314-772-5200

Outside St. Louis Toll Free
1-800-366-8888 or 1-800-222-1222

Missouri Regional Poison Center

POISON PREVENTION BASICS


SSM Cardinal Glennon
Children's Hospital

Many of us think that only parents of small children need to worry about poisons. But there is a lot more to poison prevention than locking away medicines. The truth is that poisoning accidents can happen to anyone. This pamphlet contains basic poison prevention tips for a variety of situations, because poison prevention is NOT something you want to learn through experience!

POISONING ACCIDENTS

A poison can be anything that causes harm, injury, or death if not used properly. Cleaning products, medicines, and cosmetics in the home are useful and safe; however, many of these products look and smell good to children. When not stored out of the reach of children, a poisoning is likely to occur. Look for these potential poisons in the following rooms.

Bedroom:

- Perfume, cologne
- Hairspray
- Deodorant
- Nail polish, polish remover
- Medicines
- Eye drops
- Topical salves and ointments

Bathroom:

- Medicine (over-the-counter and prescription)
- Mouthwash
- Toothpaste
- Shaving products
- Toilet bowl cleaner
- Rubbing alcohol
- Cosmetics
- Hair care products



Kitchen:

- Automatic dishwashing detergent
- Soap and detergents
- Furniture polish
- Drain cleaner
- Ammonia
- Oven cleaner
- Metal polishes and cleaners

Garage:

- Antifreeze
- Brake fluid
- Motor oil
- Pesticides
- Herbicides
- Fertilizers
- Gasoline, kerosene
- Paint, paint thinner
- Swimming pool supplies
- Windshield wiper fluid



Closets:

- Mothballs
- Lamp oil
- Carpet cleaner
- Miscellaneous cleaners

Laundry Room:

- Laundry detergents
- Bleach
- Stain removers
- Fabric softeners

Throughout the house:

- Plants
- Alcohol
- Tobacco Products
- Rodenticides



WHAT ABOUT FOOD POISONING?

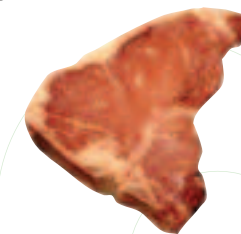
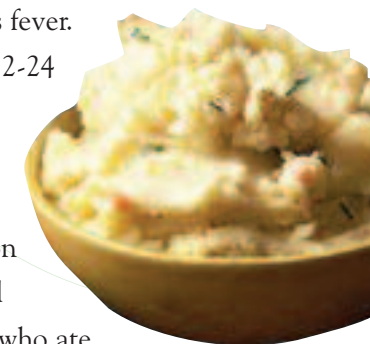
Most cases of food poisoning are not life threatening and can be treated at home. Food poisoning is caused by contamination from bacteria. Some bacteria generate enough toxin to poison a person directly. Other types of bacteria produce an infection that causes illness.

Symptoms of food poisoning mimic the flu: sudden abdominal cramping, nausea, vomiting, diarrhea, and sometimes fever.

Symptoms occur within 2-24

hours after eating contaminated food. If these symptoms appear, find out what that person ate. If the illness is food poisoning, other people who ate the same foods may exhibit symptoms.

Drink clear fluids to avoid dehydration caused by vomiting and diarrhea. Call your doctor if these symptoms last more than 24 hours.



FOOD POISONING IS PREVENTABLE:

- Buy foods below the thaw line in grocery store freezers.
- Thaw meats in the refrigerator instead of the counter.
- Cook meat, poultry, and eggs thoroughly.
- Refrigerate left over foods immediately.
- Separate raw from cooked items. Wash hands, utensils, dishes, and cutting boards after they have touched raw meat or poultry and before they touch another food. NEVER put cooked meat on the same platter that held the raw meat.
- Keep hot foods hot and cold foods cold. Salads with mayonnaise should be kept at 42 degrees F or below. Use a refrigerator thermometer to make sure the refrigerator is at that temperature.
- Some honey contains botulism spores, which can become bacteria when swallowed. For this reason, do not give honey to children aged one year and under.
- Follow proper home canning procedures to discourage bacterial growth.
- When in doubt, throw it out. There's no way to detect for sure if a food is poisoned. Contaminated food may look, smell, and taste fine. Discard any food that has an off taste or smell.



24 hours a day • 7 days a week

1-800-222-1222