



## Poisoning Prevention

---

Millions of people are unintentionally poisoned every year. A poison is any substance that can cause an unintended symptom. The following guidelines are to help you prevent poisoning incidents.

### Safety Tips for You and Your Family

It is important to understand that poison comes in four different forms: **solid, liquid, spray and invisible.**

**Solid Poisons** - medicine, plants, powders (like laundry soap and automatic dishwasher detergent), granular pesticides and fertilizers.

**Liquid Poisons** - lotion, liquid laundry soap, furniture polish, lighter fluid and syrup medicines.



**Sprays** - insecticides, spray paint and some cleaning products. Aerosol sprays may be flammable, explode and cause damage to the heart and lungs if inhaled.

**Invisible Poisons** - Gases or vapors. Carbon monoxide from hot water heaters and furnaces, exhaust fumes from automobiles, fumes from gas or oil burning stoves, and industrial pollution in the air.

### Make your home safer:

- Post the poison control number **1-800-222-1222** on or near every home telephone.
- Store all medicines, household products, and personal care products in locked cabinets that are out of reach of small children.
- Know the names of the plants in your house and yard. Identify poisonous plants and place them out of reach of children or remove them.
- Be aware of any medicines that visitors may bring into your home. Make sure your visitors do not leave medicines where children can find them easily.
- Monitor the air quality in your house. Place carbon monoxide monitors on each floor of your house.
- All combustion (fuel burning) appliances should be professionally installed and inspected annually.
- Check your house for lead-based paints. Contact the National Lead Information Center at 1-800-424-LEAD to receive

more detailed information.

### Use poisonous products safely:

- Always store household products in their original containers. Do not use food containers such as cups or bottles to store chemical products such as cleaning solutions or cosmetic products.
- Always read the labels before using a potentially poisonous product. Never leave the product unattended while using it and return the product to the locked cabinet when you are finished.
- A light should be turned on when giving or taking medication.
- Avoid taking medicine in front of children because they tend to imitate adults.
- Do not call medicine candy.
- Follow directions on label when taking medicines. Be aware of potential interactions with other medicines or alcohol and never share prescription drugs.
- Turn on the fan and open windows when using chemical products.
- Wear protective clothing (gloves, long pants, long sleeves, socks, shoes) when spraying pesticides and other chemicals.
- Never mix household and chemical products together. A poisonous gas may be created when mixing chemicals.
- Do not burn fuels or charcoal or use gasoline-powered engines in confined spaces such as garages, tents, or indoors.

### What to do if a poisoning exposure occurs:

If you have a poison emergency and the victim has collapsed or is not breathing call 911. If you have a poison exposure and the victim is alert call 1-800-222-1222. Try to have the following information ready if possible:



- ❑ the person's age and estimated weight
- ❑ the container or bottle of the poisonous product, if available
- ❑ time that the poison exposure occurred
- ❑ your name and phone number

For additional information on Poisoning Prevention go to Center for Disease Control, or the Washington Poison Center websites at:

[www.cdc.gov](http://www.cdc.gov)

[www.wapc.org](http://www.wapc.org)