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...
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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    www.wapc.org