

Poison Prevention

For adults and children alike, common household supplies can be dangerous when ingested, inhaled or in contact with skin or eyes. Additionally, over-the-counter and prescription drugs can have adverse effects if not taken with caution. We offer you the following tips to keep you and your family safe.



Household Medicines:

- Always follow the directions on the medicine label when you are giving or taking medication. Correct dosage is important.
- Medicine should be kept in locked cabinets, out of the sight and reach of children.
- Check with your doctor before taking multiple over-the-counter or prescription medications.
- Never share prescribed medication with anyone for whom the medication is not prescribed, as dosage and other drug safety concerns vary from person to person.
- Periodically clean out your medicine cabinets. Check expiration dates on over-the-counter and prescription drugs and safely discard those that have expired.

Household Chemicals:

- Always read the label before using a product that may be poisonous or hazardous.
- Keep chemicals in their original containers, read instructions and warnings before use.
- Never mix household chemicals as this could release toxic gases.
- Make sure the room you are cleaning or working in is well-ventilated.
- Keep chemicals in locked cabinets, away from children and pets.

What to Do if Poisoning Occurs:

- Remain calm.
- Call 911 or the Poison Control Center at 1-800-222-1222.
- Have the following information available:
 - › The victim's age and weight.
 - › The container or bottle of the poison.
 - › The time of exposure.
 - › The address where the poisoning occurred.
- Stay on the phone and follow the directions given by the operator.
- With many pills, it may take several hours or longer for symptoms to develop. Do not wait. Call the poison control center immediately.
- Anyone exposed to a toxic gas should be removed from the source and placed in fresh air.

For more information on preventing poisonings...

American Association of Poison Control Centers:
www.aapcc.org

Poison Prevention Week Council:
www.poisonprevention.org