

POISON PREVENTION TIPS

Many common everyday substances are poisonous. Some are dangerous in very small doses; others are safe when used correctly but can be harmful in large amounts. These can include:

- Medication
- Cleaning products
- Alcohol
- Gasoline and motor oil
- Paint
- Pesticides
- Mercury (i.e. thermometers, lightbulbs)
- Certain plants, animals, and insects

In recognition of National Poison Prevention Week, which is the third week of March each year, the following tips are designed to prevent or minimize exposure to poison and keep you safe.

- ❖ **Medication:** Keep medicine locked up and out of reach of children. Never take another person's medication. Follow warning labels for dosing and interactions for all medication. Properly dispose of expired or excess medication.
- ❖ **Cleaning Chemicals:** Keep all cleaning chemicals locked up and out of reach of children. Keep cleaning products in their original container or a properly labeled secondary container designed for chemical storage; never use food containers for storage or store food items with cleaning chemicals, which could lead to accidental ingestion. Never mix separate chemical products (i.e. bleach and ammonia). Wear personal protective equipment/clothing and ventilate the area when using chemicals.
- ❖ **Products Containing Alcohol:** Keep products containing alcohol locked up and out of reach of children, i.e., rubbing alcohol, certain brands of hand sanitizer.
- ❖ **Hazardous Materials (Gasoline, Motor Oil, Paint, etc.):** Keep these items locked up when not in use and out of reach of children. Store in proper containers with warning labels and use only as directed. Never ingest any of these substances or apply them topically. If accidental skin contact occurs, wash the effected area thoroughly.
- ❖ **Mercury:** Replace mercury thermometers and CFL bulbs before they have a chance to break and dispose of them properly. If one does break, evacuate the area. Follow proper guidelines for cleanup for small amounts (less than a pea) or hire a professional. Never handle broken glass or equipment with bare hands and take steps to reduce vapor/inhalation exposure.



If someone is poisoned, call 911 in an emergency or Poison Control **(1-800-222-1222)**.

- Save the Poison Control Center (PCC) as a phone contact for easy access.
- Display the PCC number where poisonous substances are stored or used.
- Bookmark the PCC website (<https://triage.webpoisoncontrol.org/#/exclusions>).
- Download the webPOISONCONTROL® Poison App on your mobile device.