

POISON PREVENTION

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March is National Poison Prevention month. Every day, over 300 children in the U.S. are treated in the emergency room as a result of being poisoned. Curious, active children will often investigate something by tasting it or ingesting it. Most poisonings occur when a caretaker is busy doing other things. It takes only seconds or minutes for a toddler to find their way to a closet or bathroom and discover household cleaners or medications that can be harmful.

MAKING YOUR HOME POISON-SAFE



KITCHEN

- Store medications, household cleaning products, dishwasher soap in a locked cabinet out of reach and sight of children
- Use safety latches on cabinet doors under the sink

BATHROOM

- Keep all medications in their original bottles or containers with safety caps on
 - Remember child safety caps are child resistant, not child proof!
- Throw away expired medications
 - Take them to your local police department if they have a drug collection program
 - Check to see if your community has a household hazardous waste disposal program that takes medicines
 - Only flush medicines down the toilet or pour down the drain if the patient information materials say it is OK to do so

GARAGE OR BASEMENT

- Lock up paints, varnishes, thinners, pesticides and fertilizers
- Buy only the amount of household items you need and buy the safest ones for the job
- Open the garage door before starting your car to prevent carbon monoxide poisoning
- If you smell gas, turn off your stove or gas burner, leave the house and call the gas company

DRUGS AND MEDICINES / GENERAL SAFETY TIPS

- Only take prescription medications that are prescribed to you by a healthcare professional
- Always follow dose directions on the label
- Never share prescription drugs
- Turn on the light when you take or give medicine at night so you know you have the right medicine
- Don't take your medication in front of your child, they may try to copy you
- Do not refer to medication as candy
- Get in the habit of checking the label every time you give medicine to be sure you are giving the right medication and the right amount every time.

INSTALL SMOKE ALARMS AND CARBON MONOXIDE DETECTORS

Contact your local fire department for information on how many you need and where to install them



A NOTE ABOUT SYRUP OF IPECAC

For years, parents were told to keep ipecac syrup at home. This medicine was used to make a child vomit after swallowing poison. Syrup of Ipecac is **NO LONGER RECOMMENDED**. We no longer tell you to keep it in your home. Poison Control does not tell you to use it. You can't even buy ipecac in the drugstore. If you have ipecac in your home we advise you dispose of it. (see above recommendation for throwing out medications)



**SAVE THE POISON HELP LINE NUMBER ON YOUR PHONE
1-800-222-1222**

You can also put the number on your refrigerator or another place in your home where babysitters and other caregivers can easily see it.

