HELP US PREVENT POISONINGS!

Poisons can hurt you – or even kill you – if you eat them, drink them, breathe them, or get them in your eyes or on your skin. Thousands of children in Texas are accidentally poisoned each year. Many swallow medicines, polishes, drain cleaners, insecticides, antifreeze, and other household and garage products. Any non-food item is a potential poison. Poisonings may occur when there is illness in the family, when you are cooking a meal, when your family is moving, when there is family tension, when there is a guest in your home, when children are hungry or tired, when you are on a trip or school vacation, or anytime. Making sure children are not exposed to potentially toxic substances is the best way to prevent accidental poisonings.

Follow these rules so that you can do your part in preventing accidental poisonings in your home.

HOME SAFETY

- Avoid keeping medicines on counter tops, bedside tables, or easy to reach areas.
- Request safety-lock tops on all prescription drugs.
- Regularly clean out the medicine cabinet and dispose of old or out-dated medicine. When discarding medicines or household products, rinse the container and dispose of it in an appropriate manner.
- Do not take medicines in front of your child. Children love to imitate their parents.
- Never call medicine “candy.”
- If you are interrupted while using a medicine or household product, take it or the child with you. It only takes a few seconds for your child to get into it.
- If you wear glasses, put them on to read the label before giving medicine. Never give medicine that is not labeled for the person or is not labeled at all. Never give medicine in the dark.
- Store medicines, sprays, fingernail solutions, hair-care products, mouthwash, perfumes, cosmetics, powders, sachets etc, out of reach of children.
- Never store food and household cleaners together.
- Install child safety latches on all drawers or cabinets containing harmful products.
- Anticipate your child’s curiosity and skills. Remove household products such as detergents and drain cleaners from under the sink.
- Keep bleaches, soaps, detergents, fabric softeners, bluing agents and sprays out of reach of children.
- Store pesticides, gasoline, turpentine, paints, paint products, car products and garage products out of reach and out of sight of children. Lock up these products.
- Never transfer products like bleach, gasoline, insecticides or other cleaning agents to containers such as a soft drink bottle, cup or bowl that would attract a child or pet.
- Keep alcoholic beverages out of reach of children.
- Empty ashtrays and keep them out of reach of children.
- Keep paint in good condition.
- Buy potentially poisonous products only when needed and in the amount required for the job.

PESTICIDE SAFETY

- Read the label before buying or using these products, and follow the directions.
- Do not apply more than the specified amount.
- Keep pesticides away from food and dishes.
- Do not smoke while spraying.
- Keep children and pets away from sprayed areas for 24-48 hours.
- Avoid breathing fumes.
- Never spray outdoors on a windy day.
- Lock up chemicals in their original containers with proper labels.

CARBON MONOXIDE SAFETY

- Have heating systems inspected annually.
- Service gas, oil or kerosene space heaters annually. Allow for good ventilation when in use.
- Do not use ovens and grills as heat sources.
- Do not idle automobiles in a garage.
- Obtain battery back-up carbon monoxide alarms for your home and place near sleeping areas.

BIOLOGICAL OR CHEMICAL POISONINGS

- Remain calm. Don’t panic.
- Remember most chemical and biological agents have effective treatment.
- If you are inside and the event is outside, stay indoors and turn off all ventilation, close windows and doors.
- If you are inside and the event is inside, move quickly outside; cover all exposed skin, your mouth and nose.
- If you are outside and the event is outside, cover all exposed skin, your mouth and mouth.
- Protect yourself before approaching a victim.
- Call the Poison Center 1-800-222-1222

DID YOU KNOW...

- Bioterrorism calls, reports, and inquiries are handled by all Poison Centers. Information is uploaded to the CDC and Homeland Security several times an hour.
- Carbon monoxide exposure is the leading cause of deaths from poisoning.
- A child who has swallowed a poison is more likely to become poisoned again within a year.
- Poisonous plants are found in many homes and should be put out of reach of children and pets.
- Always prepare and use products according to label directions.
SEASONAL HAZARDS

SPRING & SUMMER:
- Pesticide
- Fertilizers
- Plants, berries and mushrooms
- Snakes, spiders and insects
- Charcoal lighter fluid
- Swimming pool chemicals

FALL & WINTER:
- Antifreeze
- Carbon monoxide
- Black widow spider bites
- Plants and autumn berries

CAMPING HAZARDS:
- Snakes, spiders and insects
- Ticks
- Stove and lantern fuels
- Lighter fluid

HOLIDAYS:
- Thanksgiving - food poisoning is a major problem
- Christmas - Christmas plants (holly, mistletoe)
- Ornaments
- Perfumes and Aftershaves
- Alcoholic beverages

EMERGENCY ACTION FOR POISONING

SWALLOWED POISONS:
Medicines: Do not give anything by mouth until you call the Poison Center.
Non medicines: If patient is conscious and can swallow, give a small amount of milk or water, then call the Poison Center at 1-800-222-1222

INHALED POISON:
Immediately get the person to fresh air. Avoid breathing fumes.
Call 1-800-222-1222.

POISON ON THE SKIN:
Remove contaminated clothing and flood skin with water for 10 minutes.
Call 1-800-222-1222.

POISON IN THE EYE:
Rinse eyes with lukewarm water for 15-20 minutes. Call 1-800-222-1222.

INSECT BITES:
Remove stinger when applicable. Call the Poison Center 1-800-222-1222.
If patient develops breathing problems, or rash, call 911.

VENOMOUS SNAKE BITES:
Remove any jewelry. Do not cut and try to extract the venom. Do not use ice or a tourniquet. Do not try to capture the snake. Call the Poison Center at 1-800-222-1222 for instructions then go to the nearest hospital.

DO NOT attempt to make anyone throw-up unless advised to do so by the Poison Center, emergency department or physician.

IF THE PERSON HAS COLLAPSED OR STOPPED BREATHING, CALL 911.

Poisonings occur at times you least expect them.

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