

POISONING

THE PROBLEM

More than 1 million children are unintentionally poisoned each year by household and personal care products, medicines, vitamins, pesticides, plants, lead, and carbon monoxide.¹

ESSENTIAL FACTS

- Poison Control Centers can be reached anytime, anywhere at (800) 222-1222 to provide expert advice on all toxic exposure.
- Approximately half of poisonings to children under 5 years old involve medicines.²
- The most toxic medicines to children include:
 1. Iron tablets (including prenatal vitamins)
 2. Blood pressure medicines
 3. Clonidine (used often to treat ADHD)
 4. Oral diabetic medicines
 5. Diphenoxylate (Found in over-the-counter diarrhea medicine like Lomotil[®])
 6. Nose sprays and eye drops (like Visine[®] and Afrin[®])



YOUR PRESCRIPTION FOR SAFETY

- Post the national Poison Control Center number (800) 222-1222 on the refrigerator and near all phones.
- Secure ALL medicines in a locked drawer or cabinet out of the reach of children
- Always store chemicals in their original container. Especially avoid storing chemicals in food containers (example: *Never* store motor oil in a cola bottle).
- Never refer to any medicine as “candy”.
- Install carbon monoxide alarms on all floors of your home.

WHAT TO DO IF YOUR CHILD IS EXPOSED TO A TOXIC SUBSTANCE

1. Remove toxin from child
2. If exposure is to eyes or skin, immediately flush with copious amounts of water
3. Call Poison Control Center at (800) 222-1222 for advice
4. Do not induce vomiting or give anything to drink unless advised by a professional
5. If seeking medical attention, bring the poison’s container, even if empty



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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.