

**Prevent Accidental Poisoning**  
March 2010

# Parenting *Rules!*

**National Poison Prevention Week**

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The week of March 14-20<sup>th</sup> is **National Poison Prevention Week**. Dozens of children are get hurt each year by accidental poisoning. This year's theme is "**Children Act Fast...So Do Poisons!**" With some careful supervision and safety measures, you can keep your children safe from being accidentally poisoned.



**Some Common Poison Dangers in Your Home**

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- **Cleaning products:** drain cleaner, furniture polish, and dish detergent
- **Cosmetics:** nail polish, mouthwash, and perfume
- **Other:** glue, batteries, and mothballs and scented crystals
- **Chemicals:** paint thinner, insect spray, and weed killer
- **Medicines:** vitamins, cold medicine, pain killers
- **Auto:** anti-freeze, and windshield washer fluid

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### Keep Your Children Safe

**The best way to keep your children safe from dangerous substances and materials is to make sure they can not get to them!**

Follow these precautions:

- ✓ Keep all cosmetics and medicines out of reach
- ✓ Do not allow your children to feed themselves vitamins
- ✓ Never use strong chemicals in an enclosed area
- ✓ Keep chemicals capped and out of reach
- ✓ Ask your pharmacist for child-resistant caps for medications
- ✓ Never store chemicals in containers children may mistake for food or drink
- ✓ Store cleaning fluids and other household chemicals in a locked cabinet
- ✓ Keep the Poison Control phone number displayed near your phone



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### Recognizing Accidental Poisoning

Swallowing poisonous substances isn't the only way children can be accidentally poisoned. Poisoning can also happen when a toxic substance is spilled on the skin, splashed in the eyes or the fumes are breathed.

Poisoning can be mild or it can be fatal. It depends on the amount and type of substance that is involved.



The following are signs that your child may have come in contact with a poisonous substance:

- sudden illness or unconsciousness
- nausea and/or vomiting
- rash or red/burned skin
- swollen/red eyes
- drowsiness or dizziness
- hacking cough or trouble breathing

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### What to Do In The Event Of Accidental Poisoning

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The American Academy of Pediatrics recommends that if your child is unconscious, not breathing, or having convulsions due to poison contact or ingestion, **call 911 immediately.**

**Don't wait!** If you believe your child has come in contact with a toxic substance, call the poison control center immediately even if he/she has no symptoms.

### Call the Poison Control Center at 1-800-222- 1222

Different types of poisoning need different treatments:

- Find out what substance has caused the poisoning
- Call 911 if your child can't breath
- Follow the first aid instructions on the label
- Swallowed Poison: **Do not make your child vomit or use Ipecac Syrup.**
- Eye Poisoning: If the substance has gotten in the eyes, gently flush with water for 15 minutes
- Skin Poisoning: Rinse with water if a toxic substance gets on the skin
- Poisonous Fumes: In case of inhaling poisonous gases, take the child out into fresh air

 cut and post by your phone

**POISON**  
**Help**  
**1-800-222-1222**



***Always seek medical attention when you believe your child has been exposed to dangerous chemicals or substances.***

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### Resources for Parents

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#### Poison Prevention Week Council

P.O. Box 1543 Washington, D.C. 20013  
(301) 504-7058 [www.poisonprevention.org](http://www.poisonprevention.org)

#### RI Department of Health

##### Healthy Housing and Environment Team

3 Capitol Hill – Room 201 Providence, RI 02908  
(401) 222-3424 [www.health.ri.gov/environment/risk/poisoncontrol.php](http://www.health.ri.gov/environment/risk/poisoncontrol.php)

#### The American Academy of Pediatrics

141 Northwest Point Boulevard Elk Grove Village, IL 60007-1098  
(847) 434-4000 [www.aap.org/advocacy/releases/poisonpreventiontips.cfm](http://www.aap.org/advocacy/releases/poisonpreventiontips.cfm)

#### Centers for Disease Control and Prevention

1600 Clifton Rd, Atlanta, GA 30333, U.S.A.  
(800) CDC-INFO [www.cdc.gov/NCIPC/factsheets/poisonprevention.htm](http://www.cdc.gov/NCIPC/factsheets/poisonprevention.htm)

#### Regional Center for Poison Control and Prevention

Serving Massachusetts and Rhode Island  
300 Longwood Avenue Boston, MA 02115  
(800) 222-1222 [www.maripoisoncenter.com](http://www.maripoisoncenter.com)

### ABOUT PARENTING RULES! E-NEWS...

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Please share this information with the families in your programs. Thank you!