

16 POISON PREVENTION TIPS

A poison is any substance that can harm someone if it is used in the wrong way, by the wrong person or in the wrong amount. Poisoning is the leading cause of unintentional injury death in the United States. In Utah and across the U.S., cosmetics and household products are among the most commonly reported substances in child poison exposures. Among adult and teen poison exposures, pain medication is the leading cause. Poison prevention is in your hands. Please follow and share these tips to help protect yourself and your loved ones.

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| 1. Store medicine and household products up and out of reach of children. | 2. Install safety latches on cabinets used for medicines and household products. |
| 3. Never call medicine "candy" in order to get a child to take it. | 4. Buy products in child-resistant packaging whenever possible. However, child-resistant does not mean childproof, it is designed to slow children down. |
| 5. Re-close household cleaning products tightly, and put them up and away when you are done or if you are interrupted. | 6. Always turn the light on and put on your glasses to read the label when giving or taking medicine. Check the dosage every time. |
| 7. Keep medicine and cleaning products in their original container with the label intact. | 8. Wear protective clothing when spraying pesticides and other chemicals. Pesticides can be absorbed through the skin and can be poisonous. |
| 9. Keep batteries out of children's reach. Properly dispose of old batteries after they have been removed from a device or toy. Secure battery compartments so children cannot access them. | 10. Natural does not always mean safe. Talk to your doctor before taking vitamins or supplements. They may interact with your medicine. |
| 11. Install carbon monoxide detectors in your home near bedrooms and on each level of the house. | 12. Read medicine and product labels before each use and follow directions exactly. |
| 13. Avoid taking medicine in front of children. | 14. If interrupted while taking medicine or using a potentially dangerous household product, put the item up and away until the distraction is over. Many poisonings happen when adults are distracted. |
| 15. Clean out your medicine cabinet often, and safely dispose of medicines that are expired or no longer needed. | 16. Use only the measuring device included with liquid medicine. Do not substitute another item, such as a kitchen spoon. This could lead to dosing errors. |

If you think someone has been poisoned, call Poison Help at 1-800-222-1222, for free, expert and confidential help 24 hours a day, 7 days a week, 365 days a year



- David D. Gummin, James B. Mowry, Daniel A. Spyker, Daniel E. Brooks, Michael C. Beuhler, Laura J. Rivers, Heba A. Hashem & Mark L. Ryan (2019): 2018 Annual Report of the American Association of Poison Control Centers' National Poison Data System (NPDS): 36th Annual Report, Clinical Toxicology, DOI: 10.1080/15563650.2019.1677022.
- NCHS Fact Sheet, October, 2018. <https://www.cdc.gov/nchs/data/factsheets/factsheet-drug-poisoning-H.pdf>