



Prevent a Poisoning

Young children are curious explorers. They like to climb and get into everything. They also like to examine brightly colored pills and attractively packaged household products. And most children, if given a chance, will put some of these products into their mouths and swallow them. Each year, thousands of children are poisoned accidentally. Many are injured from ingesting medicines, drain cleaners, bleaches, other household chemicals, and sometimes even household plants.

Tennessee Poison Center encourages you to poison-proof your home with these helpful suggestions:

- Buy safety-packaged household products when available.
- Learn how to correctly re-secure the safety feature after use so that the products will always be packaged safely.
- Keep household products and medicines out of reach and out of sight of your child. Lock them up when possible.
- Store all medicines away from household products and food. Keep medicine and household products in their original containers. Never put any medicine or chemical in a cup or soft drink bottle.
- Read the label on all medicines and household products and heed warnings and cautions.
- Always turn on the light when giving medicines. Never take medicines in the dark.
- Do not take medicine in front of children. The child might imitate your action.
- If you have a young child who is able to walk or crawl, keep household plants and products stored above floor level, not beneath the sink.

- If you are using a household product when called to the telephone or door, take it with you; otherwise, your child could get into it.
- DO NOT cause your child to vomit unless you have been instructed to do so by the Poison Center or your doctor.
- Keep **1-800-222-1222** on or near all phones and in your cell phone.

Suspect a Poisoning?

Remember, if you suspect a poisoning, call Tennessee Poison Center first. Don't wait to see what ill effects may occur. Help is fast, free, and confidential. Tennessee Poison Center can help you with questions about:

- Household products
- Chemicals at work or in the environment
- Drugs (prescription, over-the-counter, herbal, and illegal)
- Snake and spider bites
- Chemical terrorism

All calls are answered by a nurse, pharmacist or physician with extensive training in poison management. These Specialists in Poison Information are available 24 hours a day to give you fast, accurate information on how to handle the poisoning.

Need Poison Information?

Poison information brochures, phone stickers, magnets, and other materials are available free of charge. Also, the staff of Tennessee Poison Center presents free poison prevention programs to schools and organizations. Please call (615) 936-0760 for more information or visit the Poison Center's web site- www.tnpoisoncenter.org.

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