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PARENT HEALTH BULLETIN

MARCH 2012

Reprinted by:
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THIS MONTH'S TOPIC: POISON PREVENTION

Did you know that almost 90 percent of poisoning incidents happen in and around the home? The good news is that with advice from the poison control center, most of those cases can be treated at home. It is very important to know when to seek help from the Poison Control Center.

What is a poison?

There are many poisonous substances used around the home on a regular basis. A poison is something that causes harm because it has been used in the wrong way. It could be taken by the wrong person, in the wrong amount or in the wrong way.

How can I prevent poisoning?

- It is important to keep medicine out of the reach of children and, if possible, in a locked cabinet.
- Never refer to medicine as candy or say it tastes like candy.
- Always keep pills and liquid in their original containers.
- Be aware of all the medications you have in your house.
- Use safety latches for cabinets that



Childproofing cabinets is a good way to help keep harmful products away from your children.

- contain household cleaners.
- Never put insect poisons on the floor or where children can get to them.
- Never leave toiletries and cosmetics within the reach of children.
- Talk to your child about the dangers of poisons.

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Childproofing dangerous areas in your home can help prevent poisoning.

CONTINUED FROM PAGE 1

What are some of the most common poisons for children?

- Household cleaners: laundry detergent and floor cleaners
- Cosmetics: perfumes and nail polish
- Personal care products: soaps and deodorant
- Pain medications
- Topical products: calamine lotion, pain relief rubs and hydrogen peroxide

What are some signs a poisoning has occurred?

- The person seems confused or drowsy
- You smell an unusual odor
- Vomiting
- A sudden change in the persons behavior
- Unusual liquid or chemical on the lips or clothes
- Slow actions

What do you do if a person is poisoned?

Stay calm. If the product has first aid instructions, read and follow these as best you can. Then call the Poison Control Center immediately. **DO NOT** wait for symptoms if you think there may have been a poisoning. The poison center expert will tell you exactly what you need to do.

**You should post the number for the Poison Control Center in your home and by all your phones.
1-800-222-1222**

Childproofing your home completely can be very hard. Keeping an eye on your children is one of the best ways to prevent children from getting poisoned or hurt. However, it is impossible to keep your eyes on your child at all times. Make sure that the rooms with the most dangers are childproofed as completely as possible.



Common poisons for children include household cleaners, cosmetics and pain medications.

REFERENCES:

- American Association of Poison Control Centers. What is poison? Information for Kids. <http://www.aapcc.org/dnn/PoisoningPrevention/ChildTips/tabid/120/Default.aspx>
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- The Nemours Foundation. Kids Health: Poisoning. <http://kidshealth.org>

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