

## Working With Your Child

Begin teaching safety rules to children at an early age. Reinforce important poison prevention messages at home. For example:

- Always ask mom, dad, or the grown-up taking care of you before tasting, eating, or drinking anything.
- Only take medicine if mom, dad, or the grown-up taking care of you gives it to you.
- Find an adult immediately if you see something that might be poison. Call an adult right away if a sibling or friend gets into something that could be poisonous.

There are other ways to involve your child in the efforts to keep your home safe.

- Have your child help you put a Poison Control Center sticker on or near each phone.
- Invite your child to teach you Spike's "Stay-Away" Song, which he/she has been singing at school. Do the motions together for family fun!



### Spike's "Stay-Away" Song

(Sung to the tune of "If You're Happy and You Know It")



#### Verse I

If you don't know what it is,  
Stay away! (*clap clap*)  
If you don't know what it is,  
Stay away! (*clap clap*)  
If you don't know what it is,  
find a grown-up right away.  
If you don't know what it is,  
Stay away! (*clap clap*)

#### Motions

*Shake head; throw hands back in "hands off" motion; two claps*



*Calling motion with cupped hands*



#### Verse II

If you think it might be poison,  
Stay away! (*clap clap*)  
If you think it might be poison,  
Stay away! (*clap clap*)  
If you think it might be poison,  
find a grown-up right away.  
If you think it might be poison,  
Stay away! (*clap clap*)

*Point to own head; repeat "hands off" motion; two claps*



*Calling motion with cupped hands*



JMH Education Marketing, Inc., New York, NY

## Preventing Poisonings at Home



Dear Parent/Caregiver,

Poison prevention education for children can be a life saver. In fact, your child has been learning about poisons at school through the new *Quill's Up — Stay Away! A Poison Awareness Program*, featuring Spike the Poison Prevention Porcupine.

As parents, it's important to remember that children can't protect themselves from poison – or tell the difference between poisonous and non-poisonous substances. It's up to you to provide a safe environment at home!

This booklet includes information to help you poison proof your home — as well as ideas for working with your child. If you have any questions about keeping your home safe from unintentional poisonings, call the Poison Control Center Hotline at 1-800-222-1222.

Here's to a safe and happy home!

Rose Ann Soloway, BSN, MSED, DABAT  
Associate Director  
American Association of Poison Control Centers  
(AAPCC)



Poison Control  
Center Hotline:  
**1-800-222-1222**



This program was supported by Cooperative Agreement Number U50/CCU317503-03 from the U.S. Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Centers for Disease Control and Prevention.

## The Basics

### Poison Prevention at Home

- Always read labels before giving medicine or using household products.
- Use child-resistant packages. Put the tops on tightly.
- Use cabinet locks.
- Identify the most dangerous products. Keep them in their original child-resistant packaging. Lock them away where children can't see or reach them. (See below.)
- Don't let children watch adults taking medicine.
- Call medicines by their proper names. Do not refer to them as candy!

### What is a Poison Control Center?

A Poison Center is an emergency telephone service. If someone may have been poisoned or, if you have questions about poisons, call **1-800-222-1222** right away.

- You can reach the Poison Control Center 24 hours a day, 7 days a week.
- When you call, you reach specially-trained nurses, pharmacists, and doctors.
- Advice is available in languages other than English.
- All services are free and confidential.

## Be Prepared - Just in Case

There are some easy things you can do to be ready in case of an emergency.

- Post the Poison Control Center number in a prominent place. Make sure that all family members, babysitters, and other caregivers know where to find it.
- Call the Poison Control Center (**1-800-222-1222**) to learn what to have on hand in case of a poisoning.
- Always call the Poison Control Center right away if you think there's been a poisoning. The Poison Center experts will tell you the right thing to do.



### First Aid for Possible Poisonings

Has the child or other person

- ***Collapsed or stopped breathing?***  
Call **911** or your local emergency number right away.
- ***Swallowed the wrong medicine or too much medicine?***  
Call **1-800-222-1222**.
- ***Swallowed a chemical?***  
Drink a small amount of milk or water, and call **1-800-222-1222**.
- ***Inhaled poison?***  
Get to fresh air right away, and call **1-800-222-1222**.
- ***Splashed poison on the skin?***  
Take off any clothing that the poison touched. Rinse skin with running water for 15 to 20 minutes, and call **1-800-222-1222**.
- ***Splashed poison in the eyes?***  
Rinse eyes with running water for 15 to 20 minutes. Call **1-800-222-1222**.

### Lock Them Up!

These products should be locked up, out of the reach and sight of children. Some may seem harmless, but can be poisonous to children if used in the wrong way, or in large quantities.

#### KITCHEN:

- Drain opener
- Oven cleaner
- Automatic dishwasher detergent
- Furniture polish



#### BATHROOM:

- Toilet bowl cleaner
- Mouthwash
- Prescription medicines
- Non-prescription medicines:
  - Cough medicine
  - Pain relievers
  - Vitamins with iron



#### GARAGE:

- Windshield washer fluid
- Antifreeze
- Paint thinner
- Gasoline
- Pesticides



#### YARD:

- Garden chemicals
- Wild mushrooms, berries, snakes, spiders, scorpions. (You can't lock them up, but you can teach children to stay away!)



## Sometimes, Poisonings Happen . . .

Despite your best efforts, sometimes poisonings can happen. If you suspect a poisoning, do not wait for symptoms to appear. Call the Poison Control Center right away!

### 1-800-222-1222

If you call right away, the problem can often be taken care of over the phone. This is much faster, and cheaper, than calling an ambulance and going to the emergency room. If you do need an ambulance, the Poison Control Center will tell you what to do.

Poison Control Center Toll-Free Hotline:

# 1-800-222-1222

