



SAFETY TIPS TO PREVENT

Poisoning



*A Program to Help Keep Children
Safe and Injury-Free.*

Sponsored & Made Possible By:

Overwatea Foods

Partnering with B.C.'s Children's Hospital
since 1988

SAFETY TIPS TO *Prevent Poisoning*

Very young children need you to keep them safe from being poisoned. They often put things in their mouths and taste things as a way of exploring the world.

Many products in your home can poison children or make them very sick.

What you can do

- Keep dangerous products out of sight and out of reach of your child.
- Lock up your medicine and cleaning products. Other dangerous products that should be locked up include camphor, pesticides, and iron supplements. Just a few strong iron pills can kill a child.
- Keep all cigarettes, butts, and ashtrays away from children. If your child swallows just 1 unsmoked cigarette or 2 cigarette butts, he or she could get sick.
- Do not use cleaning products when children are close by. Many children are poisoned with a home cleaning product while a parent is using it (for example, a child might eat oven cleaner while her mother is cleaning the oven).
- Keep products in their original containers. Make sure they are clearly labeled. If you move them to another container, your child could eat or drink some by accident.
- Learn to identify poisonous household plants.



- Keep purses and briefcases out of your child's reach. There may be dangerous products inside.

About Child Safety Caps

Some products have child-resistant safety caps. These have saved some children's lives. But child-resistant safety caps are not childproof. In fact, many children can open them. Keep all dangerous products safely out of sight and out of reach or locked up.

*To learn more, call
1-888-SAFETIPS or visit
www.safekidscanada.ca*

What can cause poisoning?



- **Medicine and Vitamins** (including iron pills, nerve pills, codeine, heart pills, pain relief and cough/cold medicines, antibiotics, and birth control pills)
- **Plants** (including common indoor plants such as philodendron and dieffenbachia)
- **Cosmetics** (including cologne, perfume, aftershave lotion, and nail polish remover)
- **Home Cleaning Products** (including bleach, oven cleaner, toilet bowl cleaner, furniture polish, and drain opener)
- **Pesticides** (insect spray, mouse poison)
- **Paint and Paint Thinner**
- **Gasoline**
- **Antifreeze**
- **Alcohol**
- **Cigarettes**



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Safety Check

- Keep all medicine locked up. Do not take medicine in front of your child because he or she may try to copy you.
- Keep cleaning products safely locked up. Your child may be able to reach top shelves before you realize that he or she has learned to do this.
- Watch your child closely when visiting other people's homes. Their dangerous products may not be locked up.
- Keep your young child away from the dishwasher. Automatic dishwasher detergent can cause burns to your child's mouth or throat.

For more information, call Safe Kids Canada at 1-888-SAFE TIPS or visit www.safekidscanada.ca



DID YOU KNOW ...

- Babies and young children may swallow things that do not taste or smell good to adults.
- Medicine is the most common cause of poisoning in children.
 - If your doctor has said to give medicine to your baby, read the label and measure the medicine every time you give it to your baby.



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Safety Tips are a series of fact sheets about children under 5 produced by Safe Start, the injury prevention program of BC's Children's Hospital, in co-operation with Save-On-Foods, Overwatea Foods, Safe Kids Canada, and the Canadian Institute of Child Health. For more information, contact Safe Start at (604) 875-3273 or online at www.cw.bc.ca/safestart or visit www.safekidscanada.ca. These Safety Tips may be photocopied, but only in their original format. Produced 2003.

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