

Protect Your Family From Poisoning

The most common poisons for children under 6:

- Use of medicines meant for adults
- Vitamin overdoses (seeing them as candy)
- Cosmetics and personal care products
- Household products
- Plants
- Foreign bodies



Carbon monoxide (CO) Poisoning

- CO is odorless, invisible, and deadly. It kills nearly 300 people in their homes every year.
- It's produced by fuel-burning appliances (heating, cooking, natural gas, coal, wood, propane, gasoline, oil) and vehicles.
- Symptoms include headache, dizziness, nausea, and shortness of breath (Can be confused with flu-like symptoms).

How you can protect your family :

1. Keep medications and household poisons out of sight and reach of children.
2. Have clear rules about who can touch and use medications, vitamins, and other products. Supervise children.
3. Keep all products in their original containers.
4. Educate your children about what to do if they find medications or poison left out-Go Tell a Grown Up!
5. Know the phone number of your poison control center, or call the Poison Control at **1-800-222-1222** (If the person is unconscious, having convulsions, or having difficulty breathing, **CALL 9-1-1**)
6. Educate yourself about poisonous products. Besides obvious ones like drain or oven cleaner, weed or bug killer, windshield wash fluid, and antifreeze, they include ibuprofen and Tylenol, iron pills, makeup, shampoo, shave cream, cigarettes and alcohol.
7. Have all furnaces serviced one time each year by a professional.
8. Have a CO detector and making sure it's working.
9. Make sure *everyone* in your home knows what to do if the CO detector sounds:
 - **GET OUT AND STAY OUT!**
 - Have a designated meeting place outside of your home so you know everyone is out.
 - Call 9-1-1