



Make *Yours* Healthy Choices!



Individualized Care Management, Inc.

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Poison Proof Your Home

A poison is a substance that has toxic effects and may cause bodily harm if exposure occurs. Did you know that every 15 seconds, someone in the United States is accidentally poisoned? More than 50% of all cases reported to the American Association of Poison Control Centers involve children younger than 6 years old. Poisons can be found everywhere, from simple household cleaners to cosmetics to houseplants to industrial chemicals. Your child can come in contact with poison by eating it, inhaling it into the lungs or absorbing it through the skin. The most dangerous poisons are:

- Medicines, including iron pills. Even medications taken in the wrong dose, at the wrong time, or by the wrong person can cause a toxic effect.
- Cleaning products that can cause burns, such as drain opener, toilet bowl cleaner, oven cleaner and rust remover
- Antifreeze
- Windshield washer solution
- Hydrocarbons, such as furniture polish, lighter fluid, lamp oil, kerosene, turpentine, and paint thinner
- Carbon monoxide
- Pesticides
- Wild mushrooms

How to make your home safer

Due to natural curiosity, children younger than 6 are at higher risk of poisoning than are older children. Follow these tips to keep your children out of harm's way:

- Keep the telephone number of the nearest poison control center on or near your telephones. 1-800-222-1222 is a national number that will direct you to your local poison control center.
- Write your child's weight beside the poison control telephone number. The

poison control center will ask you for this information when you call. Writing it down assures that baby sitters will know your child's weight, too.

- Store all medicines and cleaning solutions in their original containers in childproof cabinets.
- Use child-resistant caps on all medications and keep them in the original container, with lids tightly closed.
- Don't take medication in front of your child or refer to pills as candy. Children often mimic the behavior of adults.
- Don't leave your children alone with household products or medications. If you're using a household product, take your child with you if you stop to answer the telephone or the door. Most poisonings occur when the product is in use.
- Find out if you have any poisonous plants in your home, yard, or farm. Place them so that your children can't get to them, or remove them. Philodendrons, ivy, daisies and tulips are among the common plants that pose a potential threat.
- Check your house for lead-based paint if you live in an older home.
- Do not try to induce vomiting. Until recently, the American Academy of Pediatrics (AAP) advised parents to keep ipecac syrup, which causes vomiting, on hand for use if a doctor or poison control center recommended it. The AAP changed its policy in 2003 after concluding that ipecac does a poor job of removing poison from the body. Induced vomiting is also unpleasant, and it may make things worse. If you have ipecac in your home, dispose of it safely.
- Teach your children about the hazards of poisonous substances. In 1971, Mr. Yuk was created by the Pittsburgh

Poison Center at Children's Hospital of Pittsburgh. Since then, Mr. Yuk has been used to educate children and adults about poison prevention and to promote poison center awareness. In addition, Mr. Yuk has raised awareness that poison centers are available 24 hours-a-day, every day of the year to assist in the management of poisoning emergencies. Every Mr. Yuk sticker contains the name of the nearest poison center and the national toll-free poison help telephone number: **1-800-222-1222**. To request a sheet of Mr. Yuk stickers, please send a self-addressed stamped business size envelope to:



Mr. Yuk
Pittsburgh Poison Center
Children's Hospital of Pittsburgh
3705 Fifth Avenue
Pittsburgh, PA 15213-2583

To order additional poison prevention education material, visit them online at:

<http://www.chp.edu/chpstore/poisonprev.php>

Keep your children safe:
Prevent accidental poisoning.



Note: This information is meant to complement the advice of your health care providers, not to replace it. Talk to your doctor if you have any health care concerns.