



U.S. CONSUMER PRODUCT SAFETY COMMISSION POISON LOOKOUT CHECKLIST

The home areas listed below are the most common sites of accidental poisonings. Follow this checklist to learn how to correct situations that may lead to poisonings. If you answer "No" to any questions, fix the situation quickly. Your goal is to have all your answers "Yes."

THE KITCHEN

- | | Yes | No |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 1. Do all harmful products in the cabinets have child-resistant caps? Products like furniture polishes, drain cleaners and some oven cleaners should have safety packaging to keep little children from accidentally opening the packages. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are all potentially harmful products in their original containers? There are two dangers if products aren't stored in their original containers. Labels on the original containers often give first aid information if someone should swallow the product. And if products are stored in containers like drinking glasses or pop bottles, someone may think it is food and swallow it. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are harmful products stored away from food? If harmful products are placed next to food, someone may accidentally get a food and a poison mixed up and swallow the poison. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have all potentially harmful products been put up high and out of reach of children? The best way to prevent poisoning is making sure that it's impossible to find and get at the poisons. Locking all cabinets that hold dangerous products is the best poison prevention. | <input type="checkbox"/> | <input type="checkbox"/> |

THE BATHROOM

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| 1. Did you ever stop to think that medicines could poison if used improperly? Many children are poisoned each year by overdoses of aspirin. If aspirin can poison, just think of how many other poisons might be in your medicine cabinet. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do your aspirins and other potentially harmful products have child-resistant closures? Aspirins and most prescription drugs come with child-resistant caps. Check to see yours have them, and that they are properly secured. Check your prescriptions before leaving the pharmacy to make sure the medicines are in child-resistant packaging. These caps have been shown to save the lives of children. | <input type="checkbox"/> | <input type="checkbox"/> |

- | | Yes | No |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|
| 3. Have you thrown out all out-of-date prescriptions? As medicines get older, the chemicals inside them can change. So what was once a good medicine may now be a dangerous poison. Flush all old drugs down the toilet. Rinse the container well, then discard it. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are all medicines in their original containers with the original labels? Prescription medicines may or may not list ingredients. The prescription number on the label will, however, allow rapid identification by the pharmacist of the ingredients should they not be listed. Without the original label and container, you can't be sure of what you're taking. After all, aspirin looks a lot like poisonous roach tablets. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. If your vitamins or vitamin/mineral supplements contain iron, are they in child-resistant packaging? Most people think of vitamins and minerals as foods and, therefore, nontoxic, but a few iron pills can kill a child. | <input type="checkbox"/> | <input type="checkbox"/> |

THE GARAGE OR STORAGE AREA

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| 1. Did you know that many things in your garage or storage area that can be swallowed are terrible poisons? Death may occur when people swallow such everyday substances as charcoal lighter, paint thinner and remover, antifreeze and turpentine. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do all these poisons have child-resistant caps? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Are they stored in the original containers? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are the original labels on the containers? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you made sure that no poisons are stored in drinking glasses or pop bottles? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are all these harmful products locked up and out of sight and reach? | <input type="checkbox"/> | <input type="checkbox"/> |

When all your answers are "Yes," then continue this level of poison protection by making sure that, whenever you buy potentially harmful products, they have child-resistant closures and are kept out of sight and reach. Post the number of the Poison Control Center near your telephone.



UNITED STATES POISON CENTERS

Quick Facts and Figures:

- 260.9 million people are served by local poison centers.
- 66 local poison centers are in operation in the United States.
- 2.17 million human exposure cases were reported to local poison centers in 2000.
- 6,030 poison consultation calls are handled on average every day by local poison centers.
- 27 million human poison exposure cases are documented in a confidential database maintained by the American Association of Poison Control Centers. The data are used to identify hazards early, focus prevention education, guide clinical research and direct training.

Local Poison Center Services:

- Poison centers are on call 24 hours a day, seven days a week
- Poison center experts provide immediate advice. Most of the time, the caller can take care of the poison exposure problem with phone contact only. If hands-on medical treatment is necessary the poison center expert will call an ambulance, stay on the line until the ambulance arrives and give treatment advice to the emergency care providers.
- Poison centers answer non-emergency calls, too. This includes calls for poison prevention information. People can also call to find out about drug interactions, whether a plant is a poisonous, or how to use a pesticide safely among other things.
- Poison center experts serve as a vital resource to their local health care communities. Emergency room doctors and nurses call the poison center when they have a question about treatment or prevention.
- Poison centers serve the hearing impaired and non-English speaking populations.
- Local poison centers collect vital information everyday that is used to help safeguard public health. Information from poison control centers is used to promote product reformulation, repackaging, recalls, bans and regulatory action; and to monitor new drugs and products in the marketplace.

POISONING FACT SHEET

*There are information sheets for children,
teens and adults, ready for use on the
AAPCC website: www.aapcc.org*

Children

What is a poison?

A poison is something that makes you sick or hurts you if you eat, drink, touch or smell it.

- Poisons can be **SOLID**. Solid poisons can be chunky and chewy like pills, batteries, plants, and berries.
- Poisons can be **LIQUID**. Liquid poisons can be creamy, blobby, or like water. They can be any color. Some liquid poisons are floor cleaners, antifreeze for the car, cough syrup (if you take too much), and lamp oil.
- Poisons can be **SPRAYS**. They can be in a spray can or bottle. The spray can get in your eyes or in your lungs if you breathe it. Some kinds of spray poisons are furniture polish and bug spray.
- Poisons can be **INVISIBLE**. You can't see it, or smell it, or touch it. Invisible poison can be found almost anywhere that something is burning. It can be mixed in with smoke or can come out of the back of a car or bus when the engine is running.

What does a poison look like?

A poison can come in pretty colors. It can come in many shapes and sizes. A poison can smell good. It can also taste good. A poison can even look like something good to eat or drink.

How can you get poisoned?

You can get poisoned by eating, drinking, touching, or smelling something that can make you sick or hurt you. Some things, like medicine, can make you sick if you take the wrong kind, or if you take too much. Always ask a grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe to eat. Ask a grown-up first!

Where are poisons found?

Poisons are everywhere. They can be found in your garage, in your kitchen, in your bathroom, or in any room in your home. They can even be found in Grandma's purse! Poisons can be found outside, like some plants, berries and mushrooms.

What can you do if someone gets poisoned?

If you think you got into a poison, tell a grown-up right away! They will call the Poison Center. The Poison Center will tell them how to help you. If you think your Mom or Dad, or your brother or sister, or even your friend got into a poison, you can call the Poison Center too. Tell a grown-up to make sure you have the number of the Poison Center on or near the telephones in your house. Ask them to show you where to find the number. You can also call 9-1-1 or the emergency number in your city or town for help.

How can you stay safe from poison?

- If you don't know what something is, do not put it in your mouth. Always ask a grown-up first.
- Never take medicine unless a grown-up gives it to you.
- Some plants and berries are poisonous. Always ask a grown-up before you put them in your mouth.
- Always let grown-ups use spray cans and bottles. You should not touch or play with them!
- Stay away from things used to clean your house, clothes or car.

For more poison prevention and first aid information or to locate your local Poison Center,
visit the American Association of Poison Control Centers website at: www.aapcc.org

This sheet is made available through the financial support of Health Resources and Services Administration Maternal Child Health Bureau