

# HEALTH INFORMATION

## Keep Children Safe from Poisons



While harm from poisoning is a concern for people of all ages, children in the toddler and preschool age groups are the most likely to be poisoned. Children at this stage are curious and quick, and they explore everything in their world without fear often by tasting. They like to imitate what they see grown-ups doing, like getting things out of high cabinets, using spray cleaners, and taking medicines.

**Poisoning is one of the most common and preventable injuries of childhood.**

### ***What is a poison?***

Poisons are substances that can cause harm if used in the wrong way, or by the wrong person. Children are poisoned at home most of the time. There are hundreds of poisons in nearly every home. Some examples of poisons include:

- Medicines
- Bug sprays
- Carbon Monoxide
- Cleaning products
- Cosmetics
- Plants and mushrooms



### ***Tips to keep children safe from poisoning:***

- Store all chemicals and medicines separately and safely.
- Choose child resistant containers. These containers help, but know they are not childproof.
- Have a working carbon monoxide alarm in your home.
- Discuss precautions with grandparents and caregivers.
- Don't leave a container out for "just a minute".
- Take your medicines where children cannot see you.
- Be extra careful with products that look or smell like candy because they may attract children.
- Know what to do in case of a poisoning. Call us right away if you think someone may be poisoned.

**IMPORTANT:** Do not make children throw up or use any home remedies. Call us right away!

### **Virginia Poison Center**

VCU Health

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