

POISON PREVENTION for TEEN BABYSITTERS

Why do babysitters need to know about poisoning?

Keeping children safe from injuries is a serious and important part of babysitting. Poisoning is one of the most common childhood injuries, and it usually happens right at home. Children who are between the ages of eight months and six years old are most likely to be involved in an unintentional poisoning.

What are some common household poisons?

- ◆ Cleaning products
- ◆ Cosmetics
- ◆ Medicines
- ◆ Plants
- ◆ Cigarettes
- ◆ Vitamins
- ◆ Lighter fluid/Fuels
- ◆ Batteries
- ◆ Pesticides

How can children be kept safe from poisons?

Poison prevention is the key to poison safety. Remember these tips:

- ◆ Young children are curious and like to taste products that look colorful or smell nice.
- ◆ Never leave small children alone, even for just a minute. Keep a close watch on them when answering the door or telephone.
- ◆ All medicines and household chemicals should be kept out of sight in locked cabinets, not out on a counter, and not in a purse left unattended.
- ◆ Safety latches on drawers and cabinets, and child resistant caps on bottles, will help to keep poisons out of the hands of children. Safety latches don't substitute for your careful supervision. Remember, there is no such thing as "child-proof."
- ◆ If you're asked to give medicine to a child, follow the instructions exactly. Return the container to a safe storage place immediately after using it. Never leave a child alone with medicine.

What information about each child should you have?

Before parents leave you in charge of a child, make sure they've written down basic information such as:

- ◆ Each child's age and weight
- ◆ Any allergies or medical conditions
- ◆ Their doctor's name and telephone number
- ◆ How the parents can be reached in an emergency

What should you do if you think someone's been poisoned?

Don't "wait and see": there are poisons that can cause damage that may not be seen right away. The experts at the **Virginia Poison Center** will tell you exactly what to do. It's fast and it's free to call.

- ◆ Save this number in your cell phone.
- ◆ CALL THE POISON CENTER IMMEDIATELY! Call **1-800-222-1222** for immediate medical advice.

Scan for Online Help:



Virginia Poison Center
VCU Health
Phone: (804) 828-4780
Web: poison.vcu.edu

