

FACTS ON

Useful tips
for families
&
caregivers

Preventing Poisonings Before They Happen



What is a poison?

A poison is anything that can make you sick if you swallow it, touch it, smell it or get it in your eyes. Young children are more at risk because they explore the world by touching and tasting.

To keep children safe, keep all potential poisons locked up, out of sight and out of reach.

Items that should go in a lock bag:



Medicines (prescription and over the counter)



Store these items in the lock bag. Ensure its locked and stored out of sight and reach after use.



Cigarettes, nicotine, and vape products



Vitamins, supplements, and other natural health products



Essential Oils



Cannabis products (including edibles)

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ATLANTIC CANADA
POISON CENTRE

1-844-POISON-X

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Preventing Poisonings Before They Happen

continued...



Poison Prevention Tips:

- ✔ **Store all potential poisons up high, locked, and out of sight.** Use cabinet locks for items that do not fit in the lock bag.
- ✔ **Keep products in their original, child-resistant packaging.** This ensures you know what is inside and have instructions for use. The original container has information if you need to call a poison centre.
- ✔ **Don't rely on child-resistant packaging alone.** "Child-resistant" does not mean "childproof". Young children can open these containers given the time and chance.
- ✔ **Put items away after every use.** Never leave medication or other potential poisons out in the open, even for a short time.
- ✔ **Never call medication or vitamins as candy.** This can be dangerous as children will seek out candy.
- ✔ **Remind visitors in your home to put purses, bags, and coats out of children's sight and reach.** This helps keep kids away from any items that may harm them.



Possible poisoning? Help is a call away:

Contact your local poison centre immediately:
In NS, PEI, and NL, call 1-844-POISONX (1-844-764-7669).
In NB, call 911.

The service is free, confidential, and available 24/7. Keep the number where everyone at home can see it. If your child loses consciousness or is having trouble breathing, call 911.

For more tools and information, visit: <https://childsafetylink.ca> and <https://atlanticcanadapoisontcentre.ca>

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