

# Preventing Childhood Poisonings

## Did you know?

A poison is anything that can make you sick if you swallow it, taste it, get it on your skin or in your eye. **There are poisons in every home.**

### Common Household Poisons



#### Cleaning Products

laundry pods, bleach, toilet bowl cleaner, chlorine etc.

#### Medicines

all medicines (liquid, pills, gummies), vitamins



#### Cannabis & Alcohol

all cannabis, alcohol and nicotine products



#### Household Items

glow sticks, silica gel packs, coins, button batteries, magnets, water beads etc.



#### Personal Care Products

hand sanitizer, toothpaste, mouthwash, sunscreen, essential oils etc.



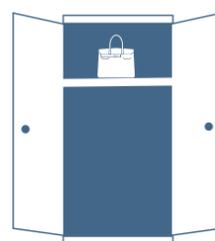
## Tips for preventing poisonings at home

**Tip #1:** Keep all poisons in original containers. Put the caps on tightly after use. Never store in the same place as food (e.g. fridge).



**Tip #2:** Keep all medication, alcohol and cannabis in a locked cupboard or container, out of reach and sight of children.

**Tip #3:** Ask visitors to keep their purses and bags high up and away from children.



**Tip #4:** Take medicine when children are not looking (they like to act like you). Never refer to medications as "candy" to a child.

**Tip #5:** Keep the number for the Atlantic Canada Poison Centre in your cell phone & on your fridge: 1-844-POISON-X



## When to call for poisoning help

**Call 911** if your child is having difficulty breathing.

**Call 1-844-POISON-X (1-844-764-7669)** if you know or think that your child has been in contact with a poison.



**ATLANTIC CANADA POISON CENTRE**

Call 24/7 for confidential, expert advice.