

How safe is your house?

4 million poisonings occur each year, over half to children

top 10 ways to poison-proof your house

- 1 Keep **1-800-222-1222** on or near all phones, and in your cell phone. It's the fast, free, private and 24/7 poison center helpline.
- 2 Keep cosmetics, personal care products, prescription and over-the-counter medicines, cleaning products, dietary supplements and vitamins, pesticides and lighter fluid, locked up or out of reach. Be sure household plants are also out of reach.
- 3 Always keep cleaning products, gasoline, lighter fluid, antifreeze, paint and paint thinners in the containers they came in.
- 4 Never put something that is not food in a food or beverage container, such as a soda bottle, cup or glass.
- 5 Do not store food and household cleaners in the same cabinet; they often look alike.
- 6 If you are a grandparent visiting or caring for little ones, put purses or bags that might contain your medication where a child can't reach.
- 7 Put smoke alarms and carbon monoxide detectors in your home, make sure they work and change the batteries every 6 months.
- 8 Never call medicine candy.
- 9 Do not take medicine in front of children; they love to do what adults do.
- 10 Objects that use small batteries, like toys or remotes, should be kept out of reach of young children. Disc batteries are both poisonous and a choking hazard.

NATIONAL POISON PREVENTION WEEK

MARCH 19-25, 2017

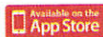
Order your free materials today at www.calpoison.org

Don't Guess. Be Sure.



Text TIPS to 69866 for a weekly text on home & family safety

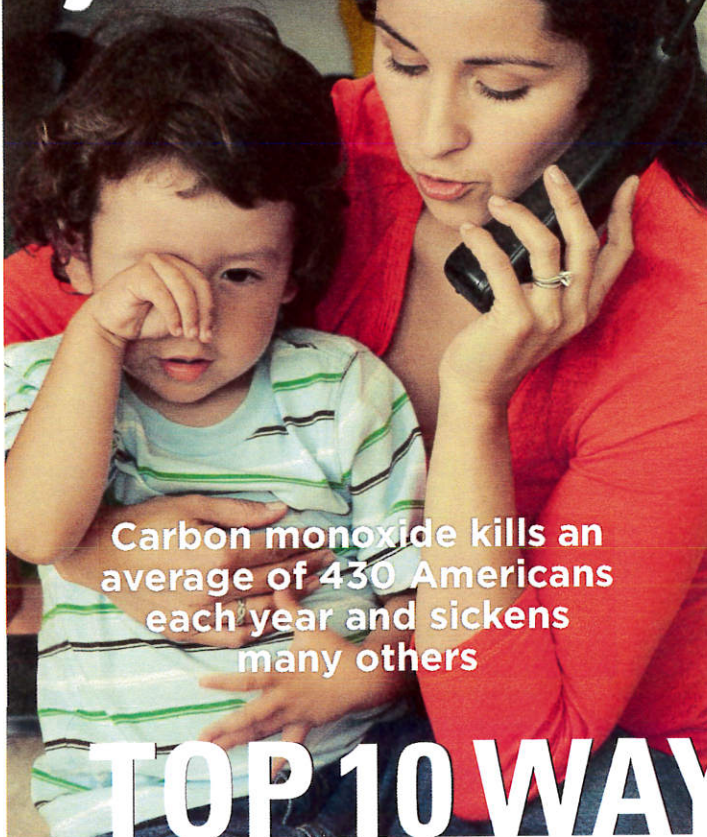
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How safe is your house?



Carbon monoxide kills an average of 430 Americans each year and sickens many others

TOP 10 WAYS TO PREVENT CARBON MONOXIDE POISONING

Order your free materials today at www.calpoison.org

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1 Have all heating equipment installed properly, and have the home's heating system inspected by a professional prior to turning the heat on when cold weather begins.

2 Carbon monoxide detectors should be installed in all homes, apartments and workplaces. When a detector goes off, assume that a real danger is present, and get all people and pets out of the structure immediately. Do not re-enter until a heating professional, gas company or fire department has declared the area safe.

3 During home renovations, ensure that appliance vents and chimneys are not blocked by tarps or debris. Make sure appliances are in proper working order when renovations are complete.

4 Do not cover the bottom of natural gas or propane ovens with aluminum foil. Doing so blocks the combustion air flow through the appliance and can produce carbon monoxide.

5 Never use portable fuel-burning camping equipment inside a home, garage, vehicle or tent unless it is specifically designed for use in an enclosed space and provides instructions for safe use in such an area.

6 In climates with snow, make sure that chimneys and vents do not become blocked with snowfall.

7 Never operate a portable generator or any other gasoline engine-powered tool either in or near an enclosed space such as a garage, house or other building, or outside of an open window. Keep the generator as far from the house as possible.

8 Do not use charcoal or hibachi grills indoors to cook with or for heat under any circumstances.

9 Do not attempt to heat your home by turning on the oven or clothes dryer and leaving the door open.

10 Never let a car engine run inside a closed space such as a garage. Drive out promptly after starting the car, and turn the car engine off as soon as you drive into an enclosed space. Never have a garage door closed with a running vehicle inside, even for a few seconds.

don't guess

~ be sure

Announcing the first ever bilingual text messaging service for tips, facts and news about poison prevention!

Text **MCHA1** to **69866** for English

Text **MCHA2** to **69866** for Español

You will receive a text once a week!

The service is free though standard rates may apply from your carrier.

Can you tell the difference between medicines and candy?

Play Pills vs. Candy at www.pillsvscandy.org

On Facebook? Become a fan of California Poison

Control and test your knowledge of common

poison-related questions, myths, folklore

and incidents in popular culture with

“Gee, that tastes funny!” and “Stop it, you’re killing me!”

You can also share a poison prevention message

with a friend by customizing and sending

an e-card at www.calpoisonecards.org

For fast, free and expert help or information 24/7 in case someone has touched, tasted or breathed in something harmful, **Call 1-800-222-1222**

Did you or your child
touch, taste or breathe
something that might be harmful?



Don't guess. Be sure.

What is a poison?

A poison is anything you can breathe, touch or taste that might be harmful.

Call the poison experts if you have a problem or questions.

Mothers and doctors rely on us – we are California's poison control center. We help doctors, hospitals, nurses, 911 and people just like you every day. The California Poison Control System has been your local poison

control center since 1997 and is part of the School of Pharmacy at the University of California, San Francisco.

"I'd feel so dumb if I called and nothing was wrong."

Unless you are an expert, you can't possibly know everything about the things that might hurt you or your family. What you CAN do is call the poison experts.

Expert

Our staff of pharmacists, nurses and trained experts answer the phone.

Private

Your personal information is not given to anyone. We ask you for your name and phone number so we can call back to make sure you are OK.

Free

There is no charge - ever. And you can call as many times as you need.

Fast

We are here to help you 24 hours a day, 7 days a week 365 days a year. No busy signal and no waiting – ever.

What if you can't get to a phone?

Here is some first aid information if you can't call us right away. It does not take the place of talking to one of our experts. Always call us when you get to a phone. **1-800-222-1222**

Poison on the skin

Run water over the skin for 10 minutes, then wash with soap and rinse.

Poison in the eyes

Run water over the eye for 15 minutes. Do not force the eyelid open.

Inhaled poison

Get the person to fresh air right away. Don't breathe the fumes. Open windows and doors.

Swallowed poison

Do not make the person throw-up, eat or drink anything.

How

1-800-222-1222

works for you and your family

1 Don't guess. Be sure.

Someone might have tasted, touched, or breathed something that may hurt them. Was it a poison?

2 Dial 1-800-222-1222.

Your call is picked up on the first ring. You will hear a 17 second message while we connect you to one of our poison experts.

3 What happened?

You tell the expert what happened as well as you can. ("My two-year-old just got into my purse and ate some makeup!")

4 Was it a medicine, plant, insect, or cleaner?

If it was a product like cleaner or detergent or medicine, have it with you when you call. If it was a plant, snake, or spider be ready to tell us what it looked like.

5 What's going on?

We will want to know how the person is feeling ("She was crying before but she seems OK now.")

6 We will help you.

Most of the time we can help take care of the problem with one phone call. If we think you need to go to the emergency room, we will call to let them know you are coming so you don't have to wait.

7 We want to make sure everything is OK.

Often we'll call you back - just to make sure you're all right. We'll also be happy to answer any more questions. Free and confidential.

1-800-222-1222 Visit our website at **www.calpoison.org**



How Safe Is Your House?

4 Million Poisonings Occur Each Year,
Over Half to Children

Order Your Free Materials:

Visit: www.calpoison.org

Email: orders@calpoison.org

Mail: CPCS Orders, UCSF Box 1262, San Francisco, CA 94143-1262

Phone: 415-502-8605 (For questions on ordering and materials)

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Top 10 Ways to Poison-proof Your House

- 1** Keep the number **1-800-222-1222** on or near all phones.
- 2** Keep medicines and cleaning products out of reach of children and in locked cabinets.
- 3** Always keep products in the containers they came in.
- 4** Never keep cleaning products, gasoline, antifreeze, paint and paint thinners, or lighter fluid in something you would use for food or a beverage.
- 5** Do not store food and household cleaners in the same cabinet.
- 6** Never call medicine candy.
- 7** Do not take medicine in front of children; they love to do what adults do.
- 8** If you are in the middle of taking medicine or using a cleaning product and you need to answer the door or phone, take it with you.
- 9** If you are a grandparent, be sure to keep your medicine and vitamins where your grandchildren can't get to them.
- 10** Keep things like make-up perfume, cigarettes, alcohol and vitamins where children can't reach them.



Oh no!

You swallowed it.
Or breathed it in.
Or spilled it on
your skin.



fast, free, expert help

CALIFORNIA POISON CONTROL

1-800-222-1222



Don't guess. Be sure.

Here's what happens when you call



1 Did someone eat, drink, touch or breathe in something that may hurt them?

Or maybe you just have a question. **Don't guess, be sure** by calling the California Poison Help Line.



2 Call **1-800-222-1222**. Tell the California Poison Help Line expert who answers what happened. They'll want to know: **Was it medicine? A cleaner? A plant? An insect?** If possible, have it with you when you call.



3 **What's going on?** We will ask you some questions to assess the situation and tell you quickly, right over the phone, what to do.



4 Usually, we'll be able to help take care of the problem with one phone call.

If we think you need to go to an emergency room, we will call ahead to alert them that you're coming so you don't have to wait. We want to make sure everything is okay. If necessary, we'll call you back to check.

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Choose Your Poison  

Order brochures at www.calpoison.org

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1-800-222-1222



Oh no!

You swallowed it.
Or breathed it in.
Or spilled it on your skin.



Place stickers on your home or cell phones



fast, free, expert help
CALIFORNIA POISON CONTROL
1-800-222-1222



fast, free, expert help
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We will ask you some questions to assess the situation and tell you quickly, right over the phone, what to do.

4 Usually, we'll be able to help take care of the problem with one phone call.

If we think you need to go to an emergency room, we will call ahead to alert them that you're coming so you don't have to wait. We want to make sure everything is okay. If necessary, we'll call you back to check.

Our medical staff can give you treatment advice or answer questions on any poisoning topic, including:

- Food poisoning
- Bug bites, stings and snakebites
- Home and garden plants
- Wild mushrooms
- Allergic reactions
- Street drugs
- Fumes and gases from chemicals

Parents and doctors rely on us



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CALIFORNIA
POISON ACTION LINE
1-800-222-1222

Talking with Parents about Poisoning

Learning Objectives

- Identify individuals most at risk for poisoning
- State examples of common household poisons
- List strategies to prevent poisonings in the home
- Describe the appropriate response in case of poison exposure
- State the phone number of the California Poison Action Line

1) Brainstorming - What is Poisonous:

What types of things in your home can be poisonous?

Examples of poisonous products in the home:

- Medicines, vitamins, herbal products
- Household cleaning products: bleach, ammonia, oven cleaner, other cleaners
- Cosmetics and personal products: perfume, makeup, hair products and cleaner
- In the garage: automotive products, coolant pesticides, paint and cleaner
- Outside: plants

2) Discuss - Facts:

Over 50% of poison accidents occur in young children, ages 0-5 years.

- Why do you think this is?
- What have your children been into?
- Do you know anyone who has had a poisoning?

Most children get into poisonous things because they are:

- Curious and explore the world with their mouths
- Available - left around the house (even for a moment)
- Attractive - they look good
- Taste - they taste good

3) Where to store poisonous products:

- Locked up, up high, don't show children where they are kept.
- Outside in the garage out of sight.
- Ask parents about the safe places in their home (walk around the home with them if possible). Where do you store your poisonous items?

4) About the California Poison Action Line:

24 hour help, 7 days a week toll-free hotline 1-800-222-1222

We can help you with FREE advice and information if you or someone you're with has tasted, touched or breathed in something that might be harmful:

- Eye or skin irritation from toxic substances
- Inhalation of noxious fumes or vapors

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- Animal, insect, snake and spider bites
- Food or mushroom poisoning
- Drug reaction or overdose

5) Who answers the phone?

- Pharmacists
- Nurses
- Physicians
- Poison Information Providers

6) To help you, our staff needs to ask some questions

- Was it medicine, plant, insect, or some kind of household product (bring the product to the phone if possible)
- Amount involved
- When exposure occurred
- If any symptoms have occurred
- Name, age, and weight of person exposed
- Your name and phone number (so they can call you back)

7) Discuss - Tips for safety:

- Place the Poison Action Line number on or near all phones.
- Ask for child resistant containers.
- Do not store food products and household cleaners in the same cabinet.
- Always keep products in their original containers.
- Keep harmful medicines and household products out of reach and in locked cabinets.
- Never call medicine candy.
- Do not take medicine in front of children; they love to imitate adults.
- Many poisonings occur when a product is in use. Keep the product with you - don't leave it alone.

8) Closing questions?

- What was something new you learned today?
- What was something you liked about this presentation?
- What is something you can do at home to prevent poisoning?

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