

# Poison Prevention Press

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## First Aid for Poisonings

Perform the following first aid, then call 1-800-222-1222 for more information.

### Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit.

### Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse skin with lukewarm water for 10 minutes.

### Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet, or shower for 15 minutes.
- Do not force the eyelid open.

### Inhaled Poison:

- Get the person to fresh air.
- Open doors and windows.

## Did you know that...

- 45.7% of MPC cases in 2021 occurred in children under the age of 12?
- 90% of MPC cases reported by the public in 2021 were managed at home?

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## Babysitting Poison Safety

Poisonings are very common in children under the age of six, and 90 percent of the time they happen at home! So before you go out for a date night, here are some important things to do and talk about with your babysitter.

### Our Phone Number

Everyone should program our phone number, 1-800-222-1222, in their phone! When leaving an emergency contact list for your babysitter, be sure to include the poison center phone number too. Our poison specialists are available 24/7 and calling is free and confidential.

Remind your babysitter that in case of any poison emergency, you want them to call the poison center at 1-800-222-1222 first, and then call you.

### Examples of a Poison

A poison can be anything used in the wrong way, in the wrong amount, or by the wrong person. Some common poisons a babysitter may need to be aware of are:

- Cleaning products
- Personal care products
- Medicines
- Coins, toys, magnets, button batteries
- Plants, berries, mushrooms
- Bites or stings from creatures

### Safe Storage of Personal Items

Although your home may be poison-proofed, when guests are visiting they may not follow the same safe storage practices. Leaving backpacks and purses on the floor may invite young children to investigate the contents. Provide babysitters with a safe place to store their personal items. Medicines, cosmetics, and art supplies can all be poison hazards. Also, coins and small toys are choking hazards.

### Medicine Safety

If you plan to have your babysitter give your child medicine while you're gone, talk through what you want them to do. Write the instructions down for them so they have all the information when they are ready to give the medicine. Include when and how to give the medicine. Always remind them to secure the lid or cap and put it back in its safe storage place when finished.

If the sitter will be giving a liquid medicine, review the dosing apparatus for that specific medicine. Be sure they use the specific one for the specific medicine, because dosing apparatuses for other medicines may have different dose markings.

### The Great Outdoors

If your babysitter will be spending time outside with the children, encourage your children to stop and ask first before touching a plant, berry, or mushroom. Remind your sitter to program the poison center phone number in their phone, you can call from anywhere!

Whether your babysitter is a grandparent or the teen next door, keep these tips in mind. As always, our poison experts are available 24/7/365 at 1-800-222-1222.