



# What you need to know about Poison proofing

Each year, thousands of children and adults in Maryland experience potentially toxic exposures to common household products such as medicines, insect sprays, cleaners, paints, garden products, car products and personal care products. The Maryland Poison Center, a division of the University of Maryland School of Pharmacy, is a 24-hour telephone service available to help if a poisoning occurs in your home. Many of these poisonings can be prevented.

**1-800-222-1222**

Poison Experts just a  
phone call away!

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## **Here are some ideas to poison-proof your home and keep you and your children safe:**

- Read and follow directions on the label before using drugs and household products.
- Store all drugs, poisons and harmful household products out of the sight and reach of children; preferably in a locked cabinet.
- Keep all household products and drugs in their original containers. Never put chemicals or cleaning products in empty food or drink containers.
- Always ask for medicine in child-resistant containers (safety-lock tops), but remember that these are not child-proof. Given enough time, children can often open safety caps.
- Don't take medicine in front of children and never tell children that medicine is candy.
- Remove poisonous plants from the house and yard. Know the names of plants in and around your home.
- Teach small children never to touch or put anything in their mouth unless they ask a grown-up.
- Put medicines away in their proper place after each dose even if it will be given again in a few hours..
- Never mix household cleaning products together.
- Keep the poison center phone number on or near your phone. Program the number in your cell phone...you can reach a poison center anywhere in the US by dialing 1-800-222-1222.

Maryland Poison Center  
220 Arch St.  
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Baltimore, MD 21201  
[www.mdpoison.com](http://www.mdpoison.com)

