

Poison Prevention Press

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MPC Poison Safety Info on the Go

Get important poison safety tips and other information wherever you are.

Website:

mdpoison.com

- [News and current trends](#)
- [First aid for poisonings](#)
- [Educational materials](#)

Facebook:

[@MarylandPoisonCenter](https://www.facebook.com/MarylandPoisonCenter)

Twitter:

[@MDPoisonCtr](https://twitter.com/MDPoisonCtr)

e-Antidote blog:

blog.mdpoison.com

YouTube:

[Maryland Poison Center](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)

Text "POISON" to 797979 to save and share the Poison Center contact card.

Did you know that...

- Poisoning is the leading cause of injury related death in the U.S.?
- In 2019, about 59% of exposure reported to the MPC involved medicines?

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First-time Parent's Guide to Poison Proofing Your Home

As a new parent, it's exciting each time your baby reaches a new milestone. However, with some of those milestones, such as crawling, once the excitement dies down, comes the realization that life will never be the same. Gone are the days when you could simply put your baby down and expect them to be in the same spot a minute later.

As soon as a baby starts to scoot, crawl, cruise, or walk, it's time to baby proof. When a baby starts crawling, make sure to move anything dangerous off the floor. When a baby can stand, make sure all hazards are out of their reach.

Poison Proofing

In addition to putting up baby gates, securing furniture to the wall, and covering outlets, it's important to look around your house for potential poisons. 36% of Maryland Poison Center (MPC) cases in 2019 involved children under the age of six. And, it is important for new parents to understand that a poison can be any substance that can harm someone if it is used in the wrong way, by the wrong person, or in the wrong amount.

I discovered some common poison hazards often found around the house include:

- cosmetics/personal care products
- plants
- cleaning products
- foreign bodies/toys
- medicines
- carbon monoxide

It's a good practice to make sure those items are stored up, away, and out of sight of children. Remember that child resistant caps are not child proof. Given enough time, children can open safety caps, so proper storage is key. A good tip is to never keep medicine in baggies, because children associate baggies with treats.

Online Resources

The [MPC website](#) has resources that explain how to talk to your children about poisons, such as never calling medicine candy and making sure your children know to ask you first before tasting or touching something. These are tips to keep in mind as babies becomes a toddlers. We recommend all new parents check out the [MPC's poison safety checklist](#) and to text "poison" to 797979 to add the poison center's phone number (1-800-222-1222) to your contacts in case there is ever an emergency.

One thing to keep in mind during the first year as a parent is that nothing is ever truly "baby-proof," but you can take certain steps to help make your house safer. There is so much that a new parent has to worry about, but following these poison safety tips can help take some of the stress away.