

# poison prevention week

march 20- 26

## Put Poison in it's Place!



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Each year, Poison Information Centres across Canada receive an estimated 200,000 calls regarding poisonous exposures. Many of these exposures are predictable and could have been prevented. Contrary to popular belief, unintentional poisonings affect adults as well as children. In 2003, the Ontario Regional Poison Information Centre, located at Toronto's Hospital for Sick Children, provided advice on more than 15,000 unintentional poisonings that occurred in adults over 18 years of age.

1. Keep products in their original containers. Many people move products to smaller containers (ie. Empty water bottles) for convenience, however, the important product information including ingredients and safety information such as warning symbols and first aid, has now been removed. As well, the product may now easily be mistaken for a safe beverage.
2. Buy products in the smallest quantities needed. By buying in bulk, you are more likely to move the product into another container. As well, bulk containers are more likely to contain a toxic amount of the poison.
3. Keep all of your poisons LOCKED UP! Medicines should be in a locked cupboard or toolbox. Other household poisons should be in a cupboard with a child safety latch or lock on it.
4. Ensure that your medicines are in child-resistant containers, however do not rely on them to prevent poisonings. These products are designed to slow children down, but there is no such thing as a child-proof container!
5. For medicines that need to be stored in the fridge, put the medicine in a plastic container and put the container at the back of the fridge out of your child's sight and reach.

6. Put your poisons away after every use. This includes medicine and household cleaners. Even if you are using the medicine regularly (i.e. every 4-6 hours), it should be put away after each use and not left out on the bathroom cabinet.

7. If called away to the phone while cleaning, take the cleaning products with you.

8. Clean out your medicine cabinets! Remove all medicines that are expired, that are discoloured, unused portions prescriptions medicines, and any bottles or containers that do not have a label on them.

9. After a party, empty all ashtrays and unfinished alcoholic beverages before going to bed. Although you may be tired and sleep in the morning, your child and pets may not!

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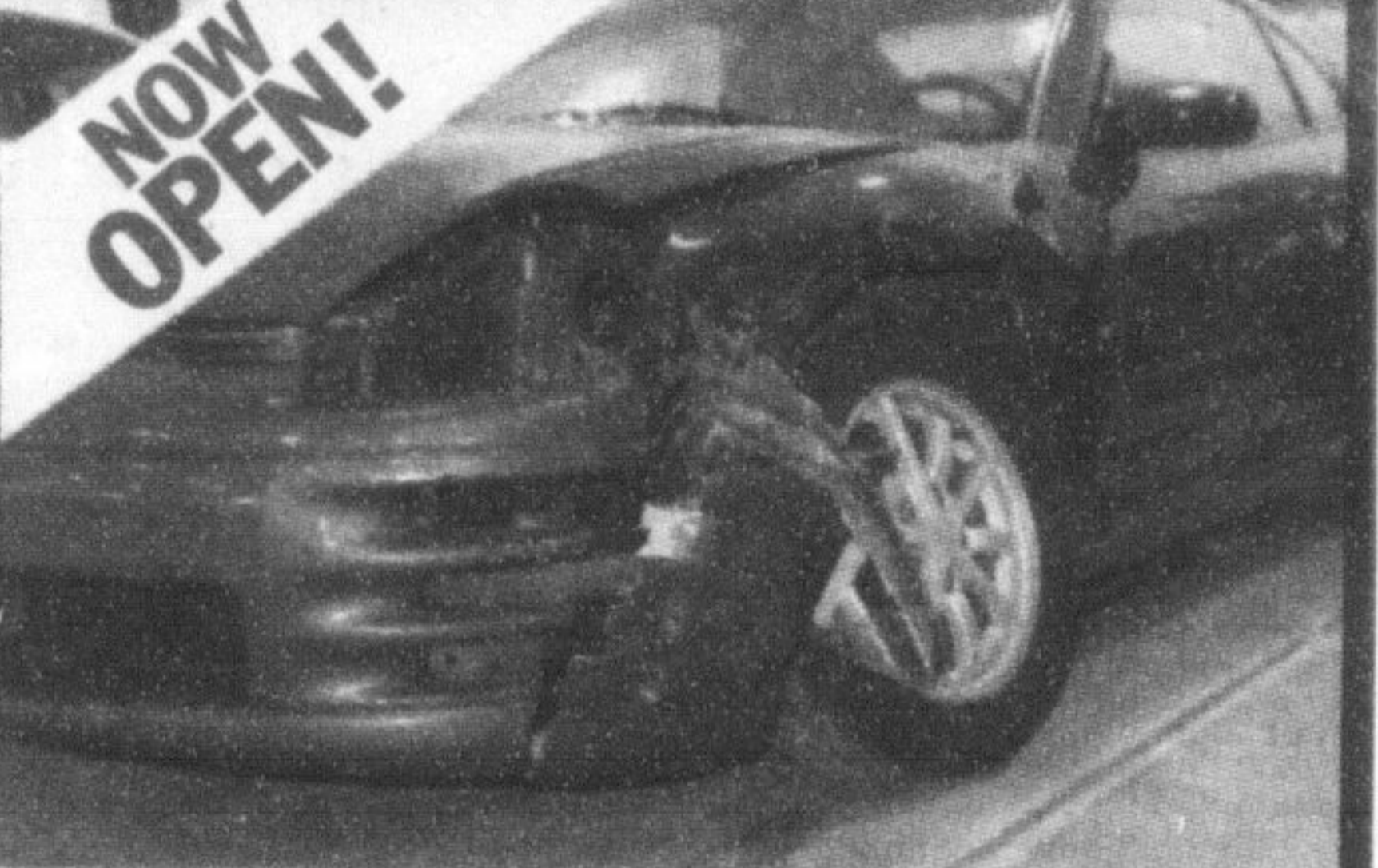
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