

- Use child resistant locks on cupboards or cabinets that store medicines and other poisons. You can buy these at hardware stores or phone Kids Health for more information.
- Return poisons to their safe storage area immediately after use.
- Throw away unwanted chemicals – contact your local council for details.
- Take any unwanted or out-of-date medicines to your local pharmacy so they can throw them away.
- Don't call medicines 'lollies' and, if possible, avoid children watching you take medicines or give medicines to others.
- Keep handbags out of a child's reach.
- Check that the plants in your garden are not poisonous. Ask your local nursery, call Kids Health for a fact sheet or visit the Poisons Information Centre website at www.chw.edu.au/poisons for basic plant safety information.
- For general home safety, see our Home Safety Checklist at http://www.chw.edu.au/parents/kidshealth/safety_factsheets



First Aid for poisoning

Swallowed poison

- Do not try to make the patient vomit.
- Pick up the container and take it to the telephone.
- Call the Poisons Information Centre on **13 11 26**.

Poison on the skin

- Remove contaminated clothing, taking care to avoid contact with the poison.
- Wash the skin with lots of cool running water.
- Call the Poisons Information Centre on **13 11 26**.

Poison in the eye

- Wash the eye with water from a cup, jug or slowly running tap.
- Continue for 10-15 minutes, holding the eyelids open.
- Call the Poisons Information Centre on **13 11 26**.

Inhaled poison

- Get the person to fresh air quickly, without placing yourself at risk.
- Open doors and windows wide, if it is safe to do so.
- Call the Poisons Information Centre on **13 11 26**.

Don't forget to place the Poisons Information Centre sticker on or near your telephone



the **childr^{en}'s** hospital at Westmead

Kids Health

(02) 9845 3585
www.chw.edu.au/parents/kidshealth
www.chw.edu.au/poisons

Printing kindly supported by Integral Energy

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kids health
the **childr^{en}'s** hospital at Westmead
Child Health Promotion Unit

Kids and poisons

Keeping young children safe from poisoning



Poisons Information Centre

13 11 26

Call from anywhere in Australia, 24 hours a day

Every year, thousands of children need medical care for poisoning from products commonly found in and around the home. Most accidental poisonings happen to children younger than five years old, with children aged **one to three** years most at risk.

Why are young children more likely to be poisoned?

Young children are exploring their world but have little concept of potential dangers. They are inquisitive and will often put things in their mouth to further explore their taste and texture.

Young children also like to copy what others do. This is another way they learn about the world. Unfortunately this includes copying potentially dangerous things, like taking medications.



What can be poisonous to your child?

- medicines
- alcohol
- plants
- insects
- gardening products
- cleaning products
- laundry detergents and sprays
- car care products
- many other products in and around the home



When do poisonings happen?

Poisonings can happen at any time. They are especially common when the normal routine of a family is changed, for example, medicines may be left lying around when someone in the family is sick or when visiting grandparents who take regular medications and aren't used to keeping dangerous things out of reach. Extra care is also needed when on holidays, moving house, having visitors and during family disruptions. Poisonings can also be a result of simple mistakes, such as storing dangerous products in food containers.

How can you prevent poisoning?

- Closely supervise children in and around the home. Pay special attention to children who are not your own, as they may have different capabilities to your own child.
- Buy products in child resistant containers, but remember that the lids are not completely child-proof – a persistent child might eventually open the container.
- Always make sure that the child resistant lid is on properly after each use.
- Check every room in your home for poisonous products.
- Store all poisons including medicines, cleaning products and chemicals in their original containers that are clearly labelled, in a locked cupboard that is at least 1.5 metres above the ground.

