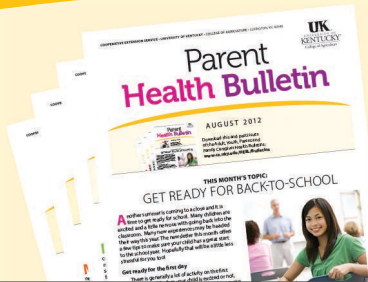


Parent Health Bulletin



MARCH 2015

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THIS MONTH'S TOPIC: POISON PREVENTION

Do you ever worry that your children may get into something that might harm them? It is not uncommon for children to go exploring and find something that could hurt them. Kids may get into medicines, plants or chemicals around the house that would make them sick if they ate or drank them. Take the time to follow these poison prevention tips and talk to your child about the poisons that may be around your home:

- **Medicines:** Share with your child the dangers of medicines when they are not used the right way. Medicines are supposed to make you feel better, but they can make you sick if they are not used correctly; you might take too much of them or take the wrong kind. Make sure to go through medicine cabinets and throw away old medicines. Also make sure to check old cleaning chemicals in the house, basement or even outside. Be sure to get rid of them the correct way.

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Tell your child that there are many berries, plants, flowers and mushrooms from outside that are not safe to eat.

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- **Plants:** We eat many kinds of plants. Share with your child that at the food store we see different kinds of leafs (like spinach and lettuce) that are safe to eat. There may also be berries there that we eat. But tell your child that there are also many plants that grow that are not safe to eat. Your child should not just pick any leaves, berries, flowers or mushrooms from outside and eat them. They could be poisonous and may make your child very ill. You can discuss the difference between plants that are grown in a garden and are safe to eat, and wild plants that are not safe to eat.

- **Cleaners:** Many different cleaners are the same color as sports drinks and other flavored drinks that your child may consume. It is important that your children know to ask an adult about a possible “drink” before beginning to drink it. You should not leave poisonous chemicals out when you are not using them. If you are cleaning, it is a good idea to put each chemical away as you are finished. Many accidents happen when adults are distracted and a chemical was left out and mistaken for something that could be consumed.

If you think your child has consumed something poisonous, call the Poison Control Center at 1 (800) 222-1222.

What do you do if you think your child is poisoned?

The number for the Poison Control Center is 1 (800) 222-1222. You should have this number printed and by the phone in your home. If you have a mobile phone, it is also a good idea have it programed in your phone as a contact. Calling the Poison Control Center is fast and free. Many times poisoning incidents can be helped over the phone. The Poison



Control Center has people available to help 24 hours a day, 7 days a week. If you think your child has consumed something poisonous, you should not make the child vomit or give him or her anything else until you have talked to a professional who can help.

Keeping an eye on your child all the time is impossible. Help them stay safe by talking about poisons that may be around the home.

SOURCES:

- American Association of Poison Control Centers. <http://www.aapcc.org/>
- Safe Kids Worldwide <http://www.safekids.org/tip/poisoning-prevention-tips-pdf>

Parent
Health Bulletin

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