



Congratulations

On your new baby!

Children act fast...so do poisons! Keep your little one safe with these tips from the Blue Ridge Poison Center:

- Lock medicines and household products up high, out of sight and reach.
- Use child safety caps on medicines.
- Take medicine where children can't watch. They learn by imitating adults.
- Don't call medicine "candy."
- Follow label instructions carefully when giving medicine to children. Give the *right product* to the *right person* in the *right amount* at the *right time*.
- Keep all products (detergents, pesticides, mouthwash, etc.) in the original container. Don't pour into drinking cups or unmarked bottles.



Keep the toll-free Poison Center number on or near every phone, and program it into your cell phone. Calls are free and confidential. **Call right away if someone:**

- Swallowed something they shouldn't have swallowed.
- Took the wrong medicine, or took too much.
- Got a poison in the eyes, on the skin, or breathed a poison.

Why call the Poison Center? If you think someone may have been poisoned...even if you aren't sure...nurses and doctors at the poison center will tell you exactly what to do. Much of the time, callers can be guided to treat a poisoning at home, without a costly trip to the doctor. If a caller is advised to seek medical attention, our staff will help determine the most appropriate health care facility and call ahead to offer their expertise to the staff. Don't wait for someone to look or feel sick before you call. All calls are FREE and confidential.

For more information, or to order free materials, visit www.brpc.virginia or call 434-982-4386