



Prevent Poisoning: A Checklist

- Medicines, cleaners, pesticides, alcohol, and household products are locked up out of the sight and reach of children and pets.
- Products are kept in their original containers.
- Cleaning products are never mixed together.
- Each person has a list of all their medicines, including over the counter products and herbal supplements, to show their doctor and pharmacist. This will help prevent unwanted drug interactions.
- Each person has a plan for keeping their medicines organized and on schedule.
- Expired or unwanted medicines have been safely discarded.
- When taking or giving medicine, turn on the lights, put on your glasses if necessary, and check the 3 RIGHTS:
 1. Is this the RIGHT product?
 2. Is it for the RIGHT person?
 3. Is this the RIGHT dose?
- Carbon monoxide alarms are installed and in good working order.
- The **Blue Ridge Poison Center's** number is visible near every phone, and programmed into all cell phones. 1-800-222-1222. Call right away—day or night— if someone:
 - Makes a mistake with medicines.
 - Swallows something they should not have swallowed.
 - Gets something harmful in their eyes or on their skin.
 - Breathes a harmful gas or fume.

Specially trained nurses and doctors will tell you exactly what to do. Calls are fast, free and private.