

Got Kids?

Poisoning Prevention Tips for Parents and Caregivers



Children in early elementary grades face increasing independence and less adult supervision. They may lack the knowledge or skills to avoid harm from such potential poisons as cleaning products, medicines, and pesticides. This puts them at risk.

- **Talk** to children about the dangers of taking medicine without an adult's supervision.
- Put all medicine **up and away**, out of a child's reach and sight.
- **Keep adult products** like alcohol, vaping and tobacco products, and cannabis products secured in a locked container out of a child's sight and reach.
- Choose medicines and products with **child-resistant caps** whenever possible. Replace the caps tightly after every use.
- **Check medicine labels** to make sure you are giving the right dose of the right product. Do not give a child more than one type of medicine at a time with the same active ingredients.
- **Use the measuring device** that come with liquid medicine, not a kitchen spoon.
- Avoid mistakes by keeping cleaning products, pesticides, and other household chemicals in their **original packaging**. Do not pour contents into dishes or containers used for food and drink.

The most important step you can take to prevent childhood poisoning is to keep all medicines and products up high, out of sight and reach.

Give your visitors a safe place to store their belongings, too.

POISON EMERGENCY OR QUESTION? Call the **Blue Ridge Poison Center: 1-800-222-1222**. Specially trained nurses and doctors are standing by 24 hours a day. Free and confidential. Scan this image to save the number.



The Blue Ridge Poison Center at UVA Health www.brpc.virginia.edu