

- Teach children not to drink or eat anything unless it is given to them by an adult.
- Do not take medication in front of small children. Children tend to copy adult behavior.
- Check your home often for old medications or substances and discard them.
- Discard substances used for old-fashioned treatments such as oil of wintergreen, ascorbic acid, ammoniated mercury, oil of turpentine and camphorated oil.
- Be alert for repeated poisonings. Children who swallow a poison are likely to do so again within a year.

### What to do if poisoning occurs

1. Call the Poison Control Center and have the following information available:
  - Age and weight of the child
  - Your name and phone number where you can be reached
  - Name of product involved
  - Amount involved
  - Time poisoning occurred
  - Any symptoms
2. Rinse skin with water for 15 minutes if poison has come in contact with skin.
3. Flush eyes with water for 15 minutes if the poison has gotten into your child's eyes.



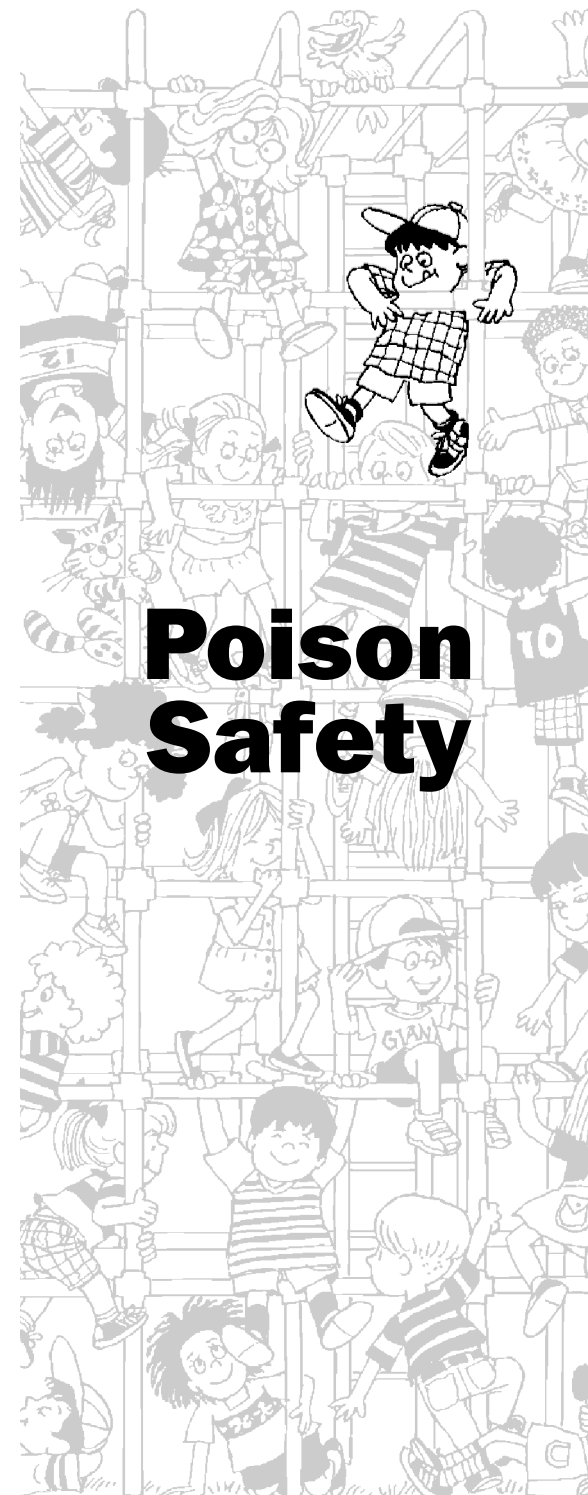
# Safe Kids

## GRAND FORKS

For more information contact:

**Safe Kids Grand Forks**  
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Childhood poisoning is a hazard often overlooked by patients and caregivers. Commonly used products such as cosmetics, detergents and medicines can be fatal to young children if left within their reach. Even innocent-looking items like household plants and vitamin supplements can poison a child in less than a minute.

Curiosity and the desire to put everything in their mouths place children at considerably greater risk for poison exposure than adults. Children are more likely to suffer serious consequences because they are smaller, have faster metabolic rates and their bodies are less capable of handling toxic chemicals.

### **The Facts Are In**

- Male children are more likely than female children to suffer from poisoning fatalities.
- Nearly ninety percent of all poison exposures occur in homes.
- Calls to poison control centers peak between 4 p.m. and 10 p.m. and during the warmer months of the year.
- Children are more likely to suffer from elevated blood lead levels if they live in older housing.

### **Did you know?**

- The majority of carbon monoxide exposures occur in the winter months with the most common source being unvented supplemental heaters.
- Iron supplements are responsible for 30 percent of pediatric medicine

related poisoning deaths.

- Children ages 5 and under account for the majority of all poison exposures; children ages 2 and under are especially vulnerable.

### **Common Agents Involved in Poisoning:**

- Medications: aspirin, tranquilizers, sleeping pills, iron pills, vitamins and prescription drugs.
- Household products: Moth balls, furniture polish, drain cleaners, insect or rat killer, lye, paint thinner, bleach, cosmetics.

### **Steps to Safety:**

- Buy medicine and household products in childproof packages.
- Keep poisonous plants out of reach.
- Install carbon monoxide detectors in the home.
- If your home was built before 1978, have it tested for lead-based paints.
- Teach grandparents and relatives to take precautions. Grandparent's medicines can be very dangerous to children.
- Keep medication and harmful products locked up and out of your child's sight and reach.
- Never call medicine "candy".
- Always replace the safety caps immediately after use.
- Never leave alcohol within a child's reach.

- Seek help if your child swallows a substance that is not food. Call the Poison Control Center (1-800-222-1222) or your doctor if your child does swallow a poisonous substance.
  - Keep the following numbers near your phone:  
Poison Control Center:  
1-800-222-1222  
Doctor: \_\_\_\_\_  
Hospital: \_\_\_\_\_
  - Syrup of Ipecac is no longer recommended for poisoning ingestion. Activated Charcoal is the agent of choice. This can be obtained over-the-counter but it is often times difficult to get children to take. It is therefore recommended that parents immediately take their children to an emergency room rather than wasting precious time trying to get them to take the Activated Charcoal. Always call the Poison Control Center or your physician before using activated charcoal. Also, remember that this product does have an expiration date on it and needs to be replaced periodically.
  - Keep all products in their original containers. Never put inedible products in food or beverage containers.
  - Read labels with care before using any product.
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