



### The Rocky Mountain Poison Center

If you or your child has come in contact with poison, call the Rocky Mountain Poison Center. Nurses and poison experts will answer your call. In most cases, they can help you take care of the problem right at home. When you need to get to the hospital, they will call ahead with detailed information to help doctors treat you or your child quickly and correctly.

### How people get poisoned

People can breathe poison, eat or drink it or get it on the skin or in the eyes. You probably know that antifreeze, bleach and bug spray are poisonous. But did you know that vitamins, perfume and make-up can be dangerous? Eating some plants can be toxic. Some spider bites can be dangerous. Taking medicine that is too old or not prescribed for you can make you sick. Also, mixing different kinds of medicine can be dangerous.

### Poison safety "do's" and "don't's"

#### DO:

1. Ask for "safety-lock" tops on all prescription drugs.
2. Keep cleaners, bug sprays, medicines and other harmful products out of the reach and sight of children. If possible, keep the products locked up.
3. Store medicine in original containers.
4. Read the label before taking medicine; don't take medicine that doesn't have a label.
5. Follow the directions for all products.

#### DON'T:

1. Don't store food and household cleaners together.
2. Don't take medicine in front of children; children love to imitate "mommy" and "daddy."
3. Don't call medicine candy.
4. Don't take medicine that is not for you. Never take medicine in the dark.
5. Don't put gasoline, bug spray, antifreeze or cleaning supplies in soft-drink bottles, cups or bowls. Always keep them in their original containers.

### Kids can get into things at any age!

#### Children age 0 to 6 months old

- learn to roll over and reach for things
- learn about their environment by putting things in their mouths

#### Children age 7 to 12 months old

- start to get curious and explore
- learn to crawl, pull up to stand and walk holding on
- put everything in their mouths
- pull things down

#### Children age 1 to 3 years

- have highest accident rate of any group
- begin to imitate parents and other adults
- put things in their mouths
- start to climb on things

### Different dangers at different times of the year

#### Spring & Summer dangers

Pesticides  
Fertilizers  
Outdoor plants and mushrooms  
Snake, spider and other insect bites  
Bee stings  
Ticks  
Charcoal lighter fluid

#### Fall & winter dangers

Antifreeze  
Carbon monoxide  
Black widow spider bites  
Plants and autumn berries  
Holly, mistletoe and other holiday decorations

*Another quality health service brought to you by  
Denver Health, your community health partner.*



Follow this checklist to make sure your home is safe



#### Kitchen

- Remove products like detergent, drain cleaner and dish-washing liquid from under the sink.
- Remove medicines from counters, tables, refrigerator top or window sills.
- Put child safety latches on all drawers and cabinets that contain harmful products.
- Store harmful products away from food.



#### Bathroom

- Regularly clean out your medicine chest. Flush old medicine down the toilet.
- Keep all medicine in original safety-top containers.
- Keep medicine, hair spray, powder, make-up, fingernail polish, hair-care products, mouthwash out of reach.



#### Bedroom

- Don't keep medicine in or on dresser or bedside table.
- Keep perfume, make-up, aftershave, and other products out of reach.



#### Laundry Area

- Keep bleach, soap, fabric softener, starch and other supplies out of reach.
- Keep all products in their original containers.



#### Garage/Basement

- Keep bug spray, weed killers, gasoline, oil, paint and other supplies in locked area.
- Keep all products in their original containers.



#### General Household

- Keep beer, wine and liquor out of reach.
- Keep ashtrays clean and out of reach.
- Keep plants out of reach.
- Keep paint in good repair.

## Emergency action in case your child...



### Breathes Poison:

Get child to fresh air right away. Open doors and windows.



### Gets Poison on the Skin:

Remove clothes that have poison on them. Rinse skin with lukewarm water for 10 minutes. Wash gently with soap and water and rinse.



### Gets Poison in the Eye:

Gently pour lukewarm water over the eye from a large glass 2 or 3 inches from the eye. Repeat for 15 minutes. Have child blink as much as possible while pouring water in the eye. Do not force the eyelid open.



### Swallows Poison:

**Medicines:** Do not give child **anything** until you talk with the poison center or your doctor.  
**Chemicals or Household products:** Unless your child has passed out or cannot swallow, give milk or water right away. Call the **Rocky Mountain Poison Center**.

# 1-800-222-1222



# Uh oh. Poison!

## Poison Safety Tips

Read this brochure for poison safety tips and call the Rocky Mountain Poison Center if you have a poison emergency or any questions. It's free and you can call 24 hours a day, 7 days a week.



# 1-800-222-1222