

WHERE to call for help

Emergency 911 if available, or local police, fire or medical number. **Sanford Poison Center 1-800-222-1222**

OTHER IMPORTANT NUMBERS:

Doctor's Clinic _____

Phone _____

Hospital _____

Phone _____

Pharmacy _____

Phone _____

Parents

Name(s) _____

Home Phone _____

Work Phone _____

Neighbor/Relative

Name(s) _____

Home Phone _____

It's better to be safe than sorry.

Always call for help if someone may have been injured or poisoned. Place this information by your phone or other convenient location (such as the refrigerator).

**The Sanford Poison Center
1-800-222-1222**

The Sanford Poison Center is a free, confidential 24-hour poison emergency helpline. You can call the Center to get help in a poison emergency from poison experts. They can tell you what to do if you, your child or pet is poisoned.

For more information on poison safety or to order educational materials, call the Sanford Poison Center at 605-328-6670 or visit our website at www.sanfordhealth.org or www.sdpoison.org



POISON SAFETY GUIDE



POISON CENTER

WHY children get poisoned

Most often, children are poisoned in their own homes. Here's why:

1. Products are poorly stored.

Bottles on the counter or table, purses or diaper bags sitting on the floor, opened cleaning products left unattended for "just one second," can all lead to poisonings.

2. Children are curious.

By smelling, touching, and tasting, they learn about the world. Brightly colored liquids, spray containers, pills, leafy or flowering plants attract children.

3. Children confuse poisons with safe items.

Many poisons look or taste similar to other things. Medicine tablets look and taste like candy. Antifreeze tastes sweet. Red mouthwash looks like fruit punch.

4. Children imitate adults.

Children want to take medication, clean house, paint, and spray chemicals, too.

POISON
Help
1-800-222-1222



HOW to prevent poisoning

1. Start early.

By the time a child starts to crawl (six months old), the home needs to be "poison proofed."

2. Set up safe storage areas.

Potential poisons should be up high in cabinets with safety locks.

3. Use child-resistant caps.

If the caps no longer work, replace them.

4. Store products in their original containers.

Avoid using pill cases or plastic baggies for medication. NEVER PUT PRODUCTS IN DIFFERENT CONTAINERS.

5. Remind others to be poison safe.

Provide a safe place for visitors to put their belongings while in your home.

WHAT to do if poisoned

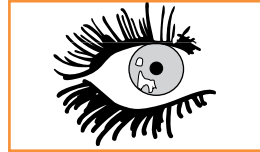
Swallowed poison

Remove anything remaining in the mouth. Unless victim is unconscious, having a seizure, or cannot swallow, give about two ounces of water to drink.



Poison in the eye

Rinse eye well with lukewarm tap water for 10-15 minutes. Gently pour water from a clean container held 2-4 inches above the eye. Call the Sioux Valley Poison Center for further treatment instructions.



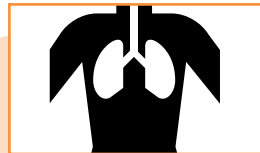
Poison on the skin

Remove any contaminated clothing. Rinse the skin with large amounts of water for ten minutes.



Inhaled poison

Get to fresh air as soon as possible. Avoid breathing fumes.



THEN

call the Poison Center immediately. Do not wait for symptoms to appear.