

POISONING FACT SHEET

Teens/Babysitters

Why do babysitters need to know about poisoning?

Caring for children is a great job, but keeping children safe is a serious and important part of babysitting. Poisoning is one of the most common childhood injuries. Most of the time poisoning happens right at home. Children who are between the ages of eight months and six years old are the most likely to be poisoned. Poisons can look like things that are good to eat and drink. They can come in many colors and forms including solids, liquids, sprays or gases. Young children are curious. They like to put things in their mouth, especially if they look colorful or smell nice.

What are some common poisons?

Here's a list of SOME poisonous products that may be found in and around the home:

Medicines	Iron pills	Cleaning Products
Laundry Products	Nail glue remover and primer	Lighter Fluids
Batteries	Bug and Weed Killers	Cigarettes
Alcohol	Mouthwash	Plants (indoor and outdoor)

How can children be kept safe from poisons?

You can help keep children safe by following these safety tips:

- Keep children where you can see them at all times, even when you go to answer the door or telephone. Never leave young children alone, even for just a minute!
- All medicines and household cleaning products should be stored in **locked** cabinets, out of the reach and sight of children. Do not leave poisons on a counter or in an unlock cabinet.
- Never carry something that can be poisonous, such as a medicine, in a purse where children may find it.
- Safety latches on drawers or cabinets, and child resistant caps on bottles, are helpful in keeping poisons out of the hands of children. But remember, they are not “child-proof” and do not take the place of your careful and constant supervision.
- Remember the **BEFORE, WHILE, and AFTER** Rule:
 - BEFORE using a cleaning product, read the instructions on the bottle.
 - WHILE using a cleaning product, never leave it alone. A child may find it.
 - AFTER using a product, put it back in a locked cabinet. Make sure the container is closed tightly.
- If you are asked to give medicine to a child, follow the instructions on the bottle. After using the medicine, return the bottle to a safe storage place right away. Never leave a child alone with the medicine.

What information about each child should you have?

Before parents leave you in charge of a child, make sure they write down some basic information such as:

- Each child's age and weight
- Any allergies or medical conditions
- Their doctor's name and telephone number
- How the parents can be reached in an emergency

What should you do if you think someone's been poisoned?

If you think someone has been poisoned **call the Poison Center right away**. Do not wait for the child to look or feel sick. The Poison Center will tell you what to do to help the child. You can also call 9-1-1 or the emergency number in your city or town for help. Make sure you know the Poison Center's telephone number. Keep a card or sticker with your Poison Center's telephone number and carry it with you on your babysitting jobs.

For more poison prevention and first aid information or to locate your local Poison Center, visit the American Association of Poison Control Centers website at: www.aapcc.org

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