

Protect Your Child from  
**POISONS**  
In Your Home



Department of Health and Human Services  
Food and Drug Administration  
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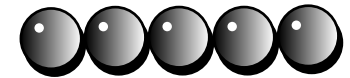
**FDA** U.S. Food and Drug Administration

The Food and Drug Administration, or FDA, is part of the United States Government. It is FDA's job to teach Americans about ways to protect their health.

## Recognize Poisons in Your Home

Medicines. Cleaning products. Houseplants. Many items in your home can be poisons to children.

**But the main cause of children's deaths from poisoning is vitamin pills with iron.**



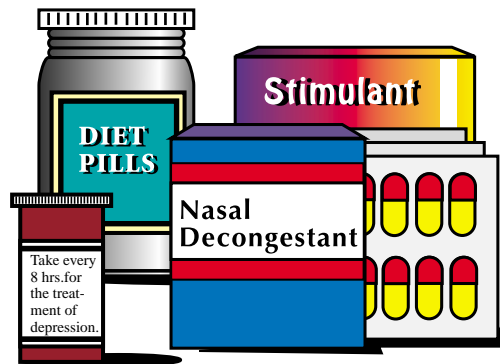
**A child can die after swallowing as few as five of these pills.**



## Do You Know These Poisons?

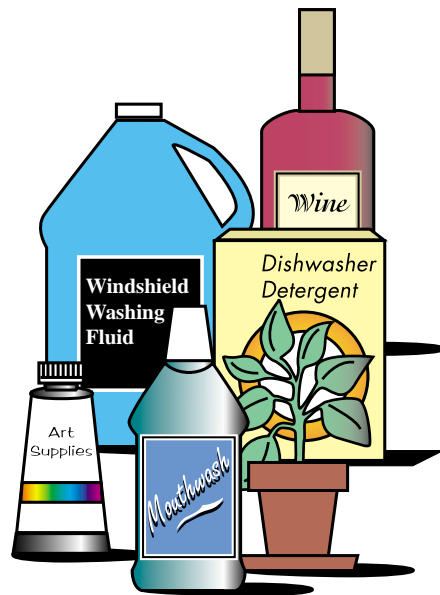
Some dangerous medicines are:

- diet pills
- stimulants—pills to help you stay awake
- decongestants—pills that help clear a stuffy nose
- other medicines, like those that treat depression or high blood pressure



Some dangerous household products are:

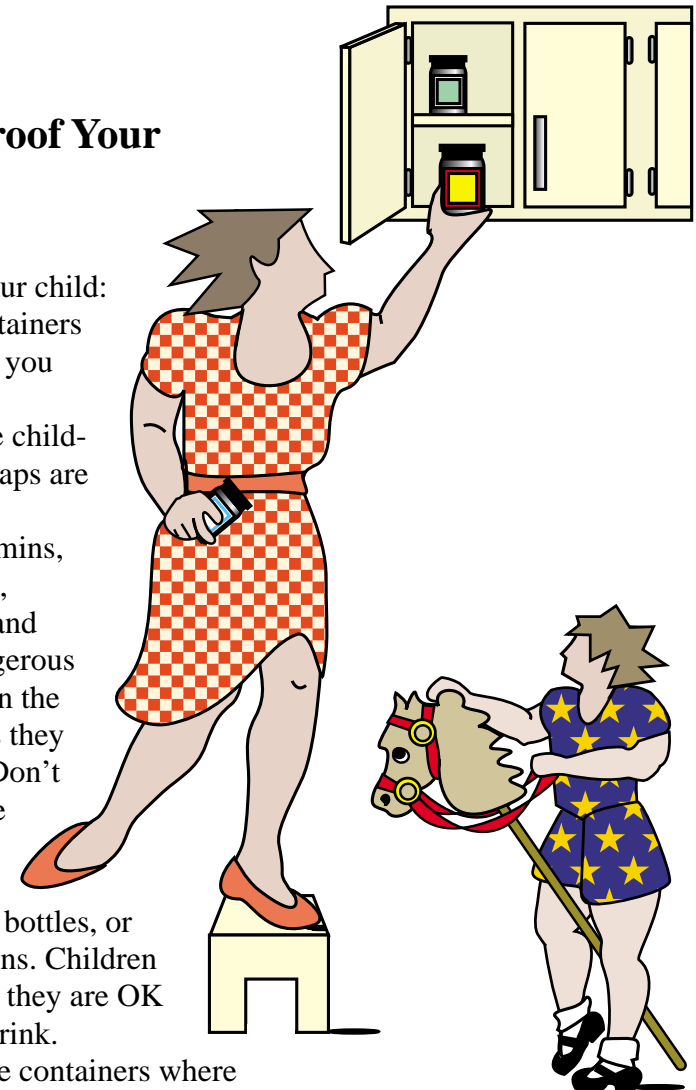
- art supplies
- dishwasher detergent, bleach, and ammonia
- gasoline, kerosene, paint thinners, antifreeze, and windshield washing fluid
- beer, wine and liquor
- other products with alcohol, like mouthwash, aftershave and colognes
- houseplants



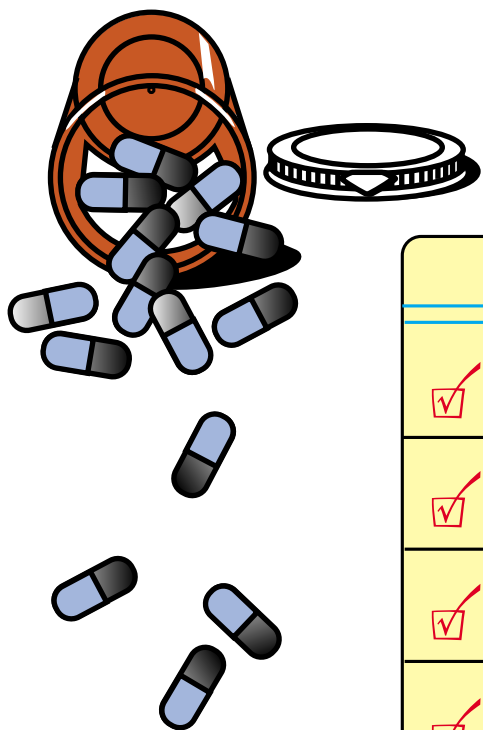
## Poison Proof Your Home

To protect your child:

- Close containers right after you use them.
- Make sure child-resistant caps are on right.
- Keep vitamins, medicines, cleaners, and other dangerous products in the containers they came in. Don't store these products in cups, soft-drink bottles, or milk cartons. Children may think they are OK to eat or drink.
- Keep these containers where children can't reach or even see them.
- Buy only art supplies labeled as safe (nontoxic) for children.



## Learn the Symptoms of Poisoning

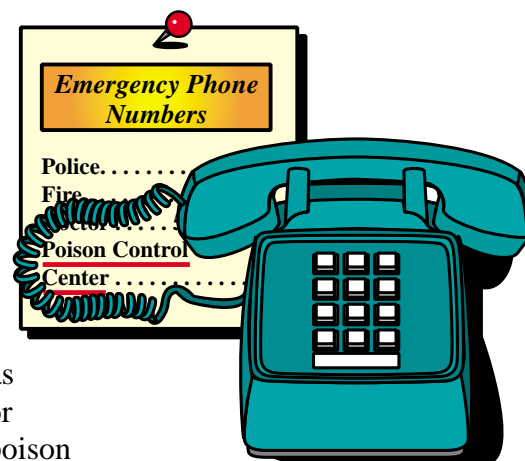


If you see an open or spilled bottle of pills or other dangerous product, your child may be poisoned.

An important sign of poisoning is when children who were well develop unusual symptoms:

<input checked="" type="checkbox"/>	<b>They're sleepy even though it's not nap time.</b>
<input checked="" type="checkbox"/>	<b>They can't follow you with their eyes.</b>
<input checked="" type="checkbox"/>	<b>Their eyes go around in circles.</b>
<input checked="" type="checkbox"/>	<b>They have burns or stains around the mouth.</b>
<input checked="" type="checkbox"/>	<b>Their breath smells strange.</b>

## What Should You Do If You Suspect Poisoning?



If you think your child has swallowed, breathed in, or touched poison, call the poison control center or your doctor right away. Post their numbers near your phone. The nearest poison control center should be listed with other emergency numbers at the beginning of your phone book.

If you are told to go to the hospital emergency room, take the poison with you.

Always have syrup of ipecac (*ip-eh-kak*) in the house. It can make a person vomit. You can buy it at the drugstore.

If you can, tell them:

- the name of the poison
- the way the poison was taken—swallowed, breathed in, or splashed on the skin or in the eyes
- if your child has vomited
- your child's age, height and weight
- any health problems your child may have

**Do not use ipecac until you call the poison control center or your doctor.** They will tell you whether to use the ipecac and how to use it. With some poisons, vomiting can be harmful instead of helpful.



## Watch Out for Lead Poisoning from Dishes

Lead can get into food and drink from certain ceramic, or pottery, dishes. Most ceramic dishes made in the United States are alright. Those made in other countries, or that are very old, may not be.

Call your doctor if your child has symptoms of lead poisoning:

- refusing to eat
- vomiting
- convulsions

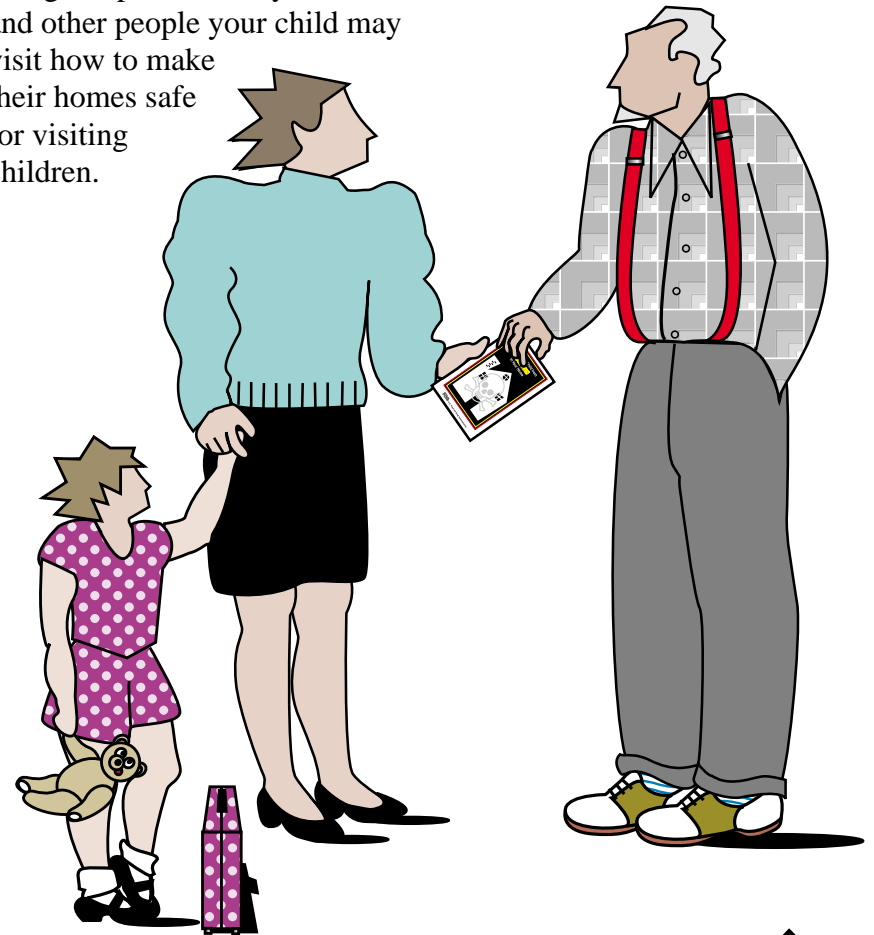
It takes a long time for the symptoms to show up. But the doctor can do a blood test to see if your child has been exposed to lead.

To prevent lead poisoning, **don't store food or drinks in ceramic containers.**



## Keep Children Safe When Visiting Others

Tell grandparents, babysitters, and other people your child may visit how to make their homes safe for visiting children.



## Mr. Yuk Means NO!

Mr. Yuk is the poison warning symbol used by many poison control centers.

Mr. Yuk stickers say NO! to little children who can't read warning labels on dangerous products.

Teach your children that Mr. Yuk means NO! Take your children with you as you place Mr. Yuk stickers on the many dangerous products in your home.

To get Mr. Yuk stickers, call the poison control center. The number is on the first page of the phone book.

The stickers are free.

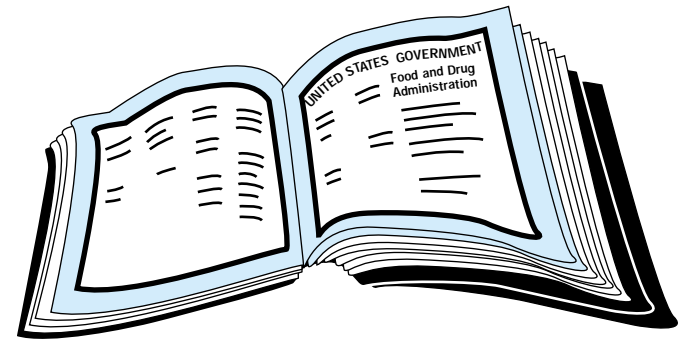


Mr. Yuk

(Mr. Yuk is used with permission of Children's Hospital of Pittsburgh.)

Do you have more questions about keeping your child safe from poisons? Ask your doctor.

And ask FDA. There may be an FDA office near you. Look for the number in the blue pages of the phone book.



You can also contact FDA through its toll-free number 1-888-INFO-FDA (1-888-463-6332).

Or, on the World Wide Web at [www.fda.gov](http://www.fda.gov).

