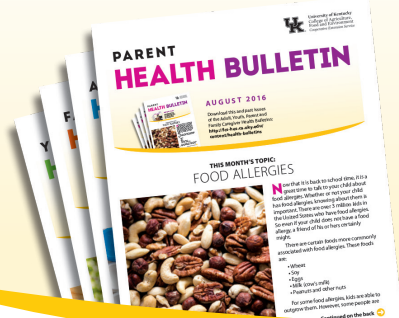




# PARENT

# HEALTH BULLETIN



## MARCH 2020

Download this and past issues of the Adult, Youth, Parent and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

### THIS MONTH'S TOPIC:

# POISON PROOFING



**N**ational Poison Prevention Week happens during the third full week of March every year. One of the reasons to raise awareness is because many things around the house can be poisonous if used in the wrong way or gotten into by kids. By knowing the risks, you can help keep kids safe. More than 2 million poisonings are reported each year to poison control centers. According to the American Association of Poison Control Centers, 93 percent of poisonings happen at home and 45 percent of poisonings involve children younger than the age of 6.

Keeping an eye on your child all the time is impossible. Help them stay safe by keeping your house poison-safe by storing potentially hazardous items properly and teaching children to always ask before they touch or taste things. Kentucky Poison Control urges you to keep your home poison-safe by following some simple tips.

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# Keep all bleaches, soaps, and detergents, out of reach of children or in a locked cabinet.



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## Kitchen

- Move cleaning products from under the sink to upper shelves or locked cabinets.
- Remove medicines including vitamins from countertops, windowsills, and open areas.
- Never call medicine candy.

## Bathroom

- Keep all medicines, cosmetics, perfumes, mouthwashes, etc., out of sight and reach of children — or lock them up.
- Move drain cleaners, toilet bowl cleaners, and other cleansers from under the sink to upper shelves of locked cabinets.
- Dispose of outdated medications appropriately.

## Bedroom

- Remove medicines from your dresser or bedside table.
- Keep perfumes, nail polish removers, and powders out of reach of children.

## Laundry area

- Keep all bleaches, soaps, and detergents, out of reach of children or in a locked cabinet.
- If you use detergent packets, be sure they are stored out of reach.

## Garage or basement

- Keep insect sprays, weed killers, and fertilizers in locked storage.
- Keep turpentine, paints, antifreeze, windshield washer fluid, rust removers, and motor oils in locked storage.

## General

- Keep products in their original containers with original labels.
- Never put chemicals in food containers (e.g., never put bleach in a drinking glass or gasoline in a soda bottle).

Even with these precautions in place, kids still can get hurt and accidents do happen. But being prepared will help you to act quickly and confidently in the event of an emergency.

## What do you do if you think your child is poisoned?

If you think someone has been poisoned, call Kentucky Poison Control at 1-800-222-1222. The line is open seven days a week. Do not wait for the victim to look or feel sick. Do not try to treat the person yourself. Keep this number by the phone in your home. If you have a cell phone, it is a good idea to have it programmed in your phone as a contact. Calling the Poison Control Center is fast and free.

### REFERENCES:

- <https://aapcc.org/centers>
- <https://kypoisoncontrol.com>
- <https://kypoisoncontrol.com/poison-prevention/parents>
- <https://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week>

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