



A poison is any substance that may cause harm when you eat it, breathe it in or it comes into contact with your skin or eyes.



Crawling babies and toddlers tend to put everything into their mouths so they are at particular risk. Follow these few safety precautions and help keep your child safe. Know what to do if your child gets hold of something they shouldn't have.

**Your child has been in contact with something in the home. What should you do?**

Stay calm.

Take the product away from your child.

Encourage your child to spit out any substance remaining in their mouth (do not perform a blind finger sweep) and check there is no local damage.

**NEVER try to make your child vomit or give ANYTHING to make your child sick.**

If a substance has been splashed in your child's eyes, wash their eyes thoroughly with tap water immediately. Do the same for skin with soap and water.

**Phone your GP or NHS 111 or NHS24 (111) / NHS Direct (0845 46 47) if you are in any doubt or your child is unwell.**

GP Tel:

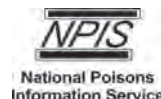
If advised to seek medical attention, remember to take the product container and remaining contents/ blister packs with you.

**Phone 999 if your child is unconscious or having a fit or has taken methadone, morphine or a recreational drug (e.g. ecstasy, heroin, 'legal' high).**

**REMEMBER THAT MOST CHILDREN DON'T COME TO SERIOUS HARM FROM ACCIDENTALLY EATING SOMETHING THEY SHOULDN'T HAVE.**

Produced by NPIS Edinburgh

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Useful websites

[www.nhs24.com](http://www.nhs24.com)

[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)

[www.rospa.com](http://www.rospa.com)

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# Keep your child safe in the home

## A guide to preventing poisoning

## What steps can you take to prevent poisoning in the home?

### ✓ DO'S

- ✓ Store all household products, superglues, chemicals and medicines out of sight and out of reach of children. Either store them high up or fit childproof locks to low-level cupboards or drawers.
- ✓ Keep all products/medicines in their original containers, BUT remember that child resistant caps are NOT childproof.
- ✓ Remember that vitamins, iron tablets and herbal drugs are medicines too and can be dangerous to young children.
- ✓ If you are called away whilst using a household product or taking medication put the lid back on the container FIRST and then move it to a safe place.
- ✓ Make sure that visitors to your home keep their handbags out of reach.
- ✓ Remember other people's homes may not be as safe as yours. Be particularly aware of medicines.
- ✓ When on holiday take extra care to keep products/medicines out of reach.



## What steps can you take to prevent poisoning in the home?

### ✗ DON'TS

- ✗ **Never** leave any household product/chemical, medicine or pesticide within sight or reach of children.
- ✗ **Never** transfer household chemicals or medicines to a different container, **especially** food or drink containers.
- ✗ **Never** mix household products whilst cleaning, as poisonous fumes may be released.
- ✗ **Never** remove the labels from household chemicals or medicine bottles.
- ✗ **Never** take medicine in front of children, they may try to copy you.
- ✗ **Never** refer to medicine or vitamin tablets as sweets.

### What's in your home?

Some everyday items around the home are generally harmless, whereas others can cause problems, occasionally serious ones.

If your child has got hold of something they shouldn't have and you are in any doubt at all, please seek advice, even if it's just a phone call for reassurance (see phone numbers overleaf).

## Potentially Serious Poisonings

Always seek advice immediately if your child takes any of the following:

Medicines – prescription medicines AND most non-prescription medicines e.g. aspirin, iron tablets, paracetamol.

Also:

- Alcohol drinks or anything containing alcohol
- Cigarettes (including butts) or nicotine replacement products e.g. patches, gum
- Essential plant oils e.g. clove oil, eucalyptus oil, lavender oil
- Household cleaning products e.g. dishwasher tablets, fabric liquid capsules
- Toiletries e.g. aftershave, perfume
- White spirit

This list is not exhaustive and if a substance isn't listed here, it doesn't mean it is harmless.

**Please phone 999 if you think your child has taken methadone, morphine or a recreational drug e.g. ecstasy, heroin.**

