

MCLB ALBANY SAFETYGRAM

National Poison Prevention Tips

More than 90 percent of the time poisonings happen at homes. Most of these poisonings occur in the kitchen, bathroom and bedroom. That is why it is important to follow simple steps to prevent a poisoning from happening at home.

Medicines

- Keep all medicines, and potentially poisonous substances, in locked cabinets or out the reach of children.
- Keep medicines in their original containers, properly labeled, and stored appropriately.
- Never share prescription medicines. If you are taking more than one drug at a time, check with your health care provider, pharmacist, or call the toll-free Poison Help line (1-800-222-1222), to connect with your local poison center for information about possible drug interactions.

Food

- Wash fruits and vegetables with running water.
- Wash your hands and work surfaces before, during, and after preparing food.
- Store food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F (5 degrees C).

Carbon Monoxide (CO)

- Have a working Carbon Monoxide detector in your home. The best places for a CO detector are near bedrooms and close to furnaces.

Household Products

- Household cleaners and disinfectants can make you sick when not used properly. Always follow the instructions on the product label to ensure safe and effective use.
- Bleach is especially toxic and should not be mixed with anything other than water.
- Keep products in their original containers.
- Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products.
- Keep all laundry products locked up, and out of reach of children.
- Do not use bleach on food products.
- Avoid using household cleaners and disinfectants on hands or skin.

Chemicals

- Keep all chemicals and potentially poisonous substances in locked cabinets or out of reach of children.
- Never mix household or chemical products together. Doing so can cause a dangerous gas.

Call For Help

Remember, if you suspect that you or someone has been poisoned, immediately call the Poison Help Line (1-800-222-1222), to connect with your local poison center.

For more information click on: [Prevention Tips](#) | [Poison Help \(hrs.gov\)](#)



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