



# Share the Wellness Tip

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## Prevent Poisonings

Keeping children safe is important —and thanks to the vigilance of many, the rate of fatal childhood injuries has been falling.

To help keep them safe, think like a child. Little ones can reach dangerous items such as medications on a table, in a purse, or in a drawer. According to the Centers for Disease Control and Prevention, each year more than 50,000 children age 4 and younger are treated in emergency rooms for accidentally swallowing medications. More than 90 percent of children's exposure to poison occurs at home. Always keep medications and toxic products in locked or childproof cabinets. Ask grandparents and others whom your children visit to secure potential poisons as well.

Even common household items such as cleaning products, pesticides, and glues may prove poisonous to children. Do not induce vomiting if someone has ingested a medication or poison, many times it can actually do more harm than good.

Keep the national poison control center phone number, **800-222-1222**, on home and cell phones, and make it available to anyone babysitting.

Sources: [Centers for Disease Control and Prevention](#), [The American Academy of Pediatrics](#); [Illinois Poison Center](#)

