

facts on

For More Information

Contact:

1319 Colony Street
Saskatoon, SK S7N 2Z1
Bus. 306.651.4300
Fax. 306.651.4301
info@skprevention.ca
www.skprevention.ca

The Saskatchewan Prevention Institute is supported by:

Government of Saskatchewan
Kinsmen Telemiracle
Foundation
SaskAbilities
University of Saskatchewan
Community-At-Large

How to Prevent Poisoning

A poison is any substance that can harm a human. Poisons can enter the body four ways:

- 1) **Ingested** by being put in the mouth or swallowed
- 2) **Absorbed** by contacting the skin or eyes
- 3) **Inhaled** by breathing in the substance
- 4) **Injected** such as by insect bites or needles

Children are naturally curious and love to explore. Children come into closer contact with their environment than adults because they crawl on the floor, pick things up to touch, and put things in their mouths. Children are also more sensitive to harmful substances than adults. Even small amounts of harmful substances (e.g., medications, mouthwash, cleaning supplies) can be fatal to children.

Poison is the second highest injury-related cause of hospitalization for children aged 1-4 in Saskatchewan. Medication is the leading cause of poisoning in children.

The majority of poison-related injuries to young children occur in the home. It is very important to store all potential poisons out of the sight and reach of children, preferably in a locked cupboard. Potential poisons include chemicals, cleaning products, medications, cannabis, alcohol, and more. See the next page for a more complete list.



Tips to Keep Your Home Safe

- Keep chemicals, cleaning products, medications, and vitamins in their original container with original labels for easy and accurate identification. Never re-use chemical or cleaning product containers.
- Do not mix any household cleaners as they may produce toxic fumes.
- Purchase products with child resistant lids. Remember, many children can still open child resistant caps.
- Read medication instructions carefully to provide the correct dose for a child.
- Never refer to medicine as candy or treats. Teach children to take medicine only when it is given by an adult.
- Keep visitors' purses, bags, and coats out of the reach of children. Visitors may carry medicines or other harmful items with them.
- Always store cannabis products in a locked box or cupboard that is out of the sight and reach of children. Cannabis poisoning in children is most common when children mistake foods containing cannabis for regular foods (e.g., gummy bears).
- Educate caregivers and babysitters about potential poisons, as well as how to call the poison centre if there is a potential poisoning.
- Install carbon monoxide detectors on all levels of the home and outside of sleeping areas. If the carbon monoxide detector goes off, get out of the house immediately and call your local emergency service providers or 911.

POISONED?
CALL: 1-844-POISON-X



(1-844-764-7669)

Where Can Poisons Be Found In Your Home?

Walk around your home and use this checklist to identify potential poisons. Explain to children that some products can be dangerous. Follow the tips on the previous page, and store all potential poisons out of sight and reach of children.

What do you look for?

BATHROOM

- Cleaning products
- Drain openers
- Lotions and cream
- First aid solutions
- Hair removal products
- Cosmetics
- Aftershave and cologne
- Hairspray and hair products
- Mouthwash, toothpaste, and tooth whiteners
- Medications (prescription and non-prescription)
- Vitamins and herbal products
- Hair removal products
- Air fresheners

BEDROOM

- Cosmetics
- Hairspray and hair products
- Nail polish and polish remover
- Aftershave and cologne
- Deodorant
- Medications (prescription and non-prescription)
- Vitamins and herbal products
- Essential oils

LAUNDRY ROOM

- Detergents and fabric softeners
- Bleach and cleaning solutions
- Fabric dyes
- Single-load laundry packets

YARD

- Plants (Berries, seeds, and flowers of plants may be poisonous. Watch for wild mushrooms growing.)

LIVING ROOM

- Plants (Talk to your local greenhouse or poison control to identify poisonous plants. Place a label with the plant name around the stalk of each plant; do not label on a stake in the soil that can be removed.)
- Tobacco, alcohol, cannabis, and other drugs
- Electronic cigarette cartridges
- Craft and hobby supplies
- Paint and glue
- Batteries, especially small button batteries used in watches and toys

KITCHEN

- Dishwasher and dish soap
- Oven cleaner and drain openers
- Other cleaning products
- Medications (prescription and non-prescription)
- Vitamins and herbal products
- Tobacco, alcohol, cannabis, and other drugs
- Spray oils
- Pet medication

BASEMENT/GARAGE/ STORAGE ROOM

- Weed killers, insecticides, and fertilizers
- Paint and paint thinner
- Charcoal lighter
- Gasoline and motor oil
- Cosmetics
- Antifreeze
- Windshield washer fluid
- Lime
- Mothballs



Take a CPR/First Aid course so you know what to do in the event of a poisoning. **If a person is unconscious or not breathing, call emergency services (911) immediately.**

Save **Canada's Toll-Free Poison Centre number in all phones: 1-844-POISON-X (1-844-764-7669)**. Contact them if you suspect your child has swallowed or come into contact with anything poisonous.

For more information, visit

Health Canada. (2020). *Injury Prevention*.
www.canada.ca/en/health-canada/services/injury-prevention.html

IWK Child Safety Link. (2023). *Poison Prevention*.
www.childsafetylink.ca/poison-prevention

Parachute. (2023). *Poisoning*.
www.parachute.ca/en/injury-topic/poisoning/

Saskatchewan Prevention Institute. (2023) *Poisoning*.
www.skprevention.ca/safety/poisoning/

saskatchewan
preventioninstitute
our goal is **healthy** children

RESOURCE 4-400

Rev. 01/2024