

# How safe is your house?

## top 10 ways to poison-proof your house

- 1 Keep **1-800-222-1222** on or near all phones, and in your cell phone. It's the fast, free, private and 24/7 poison center helpline.
- 2 Keep cosmetics, personal care products, prescription and over-the-counter medicines, cleaning products, dietary supplements and vitamins, pesticides and lighter fluid, locked up or out of reach. Be sure household plants are also out of reach.
- 3 Always keep cleaning products, gasoline, lighter fluid, antifreeze, paint and paint thinners in the containers they came in.
- 4 Never put something that is not food in a food or beverage container, such as a soda bottle, cup or glass.
- 5 Do not store food and household cleaners in the same cabinet; they often look alike.
- 6 If you are a grandparent visiting or caring for little ones, put purses or bags that might contain your medication where a child can't reach.
- 7 Put smoke alarms and carbon monoxide detectors in your home, make sure they work and change the batteries every 6 months.
- 8 Never call medicine candy.
- 9 Do not take medicine in front of children; they love to do what adults do.
- 10 Objects that use small batteries, like toys or remotes, should be kept out of reach of young children. Disc batteries are both poisonous and a choking hazard.

**4 million poisonings occur each year, over half to children**

Additional poison prevention information can be found at Tennessee Poison Center's website  
[www.tnpoisoncenter.org](http://www.tnpoisoncenter.org)

**Don't Guess. Be Sure.**



Text TIPS to 69866 for a weekly text on home & family safety

Play at:  
[pillsvs candy.com](http://pillsvs candy.com)  
or get the app

[twitter @poisoninfo](https://twitter.com/poisoninfo)



Tennessee Poison Center serves all 95 counties. This project is funded under an agreement with the Department of Health.

Thanks to the California Poison Control System.