



**TENNESSEE
POISON CENTER**

Call **FAST** to treat a poisoning!
Call **FIRST** to prevent a poisoning!

POISON
Help
1-800-222-1222

24 hours a day • 7 days a week



Prevent a Poisoning

Young children are curious explorers. They like to climb and get into everything. They also like to examine brightly colored pills and attractively packaged household products. And most children, if given a chance, will put some of these products into their mouths and swallow them. Each year, thousands of children are poisoned accidentally. Many are injured from ingesting medicines, drain cleaners, bleaches, other household chemicals, and sometimes even household plants.

Tennessee Poison Center encourages you to poison-proof your home with these helpful suggestions:

- Buy safety-packaged household products when available.
- Learn how to correctly re-secure the safety feature after use so that the products will always be packaged safely.
- Keep household products and medicines out of reach and out of sight of your child. Lock them up when possible.
- Store all medicines away from household products and food. Keep medicine and household products in their original containers. Never put any medicine or chemical in a cup or soft drink bottle.
- Read the label on all medicines and household products and heed warnings and cautions.
- Always turn on the light when giving medicines. Never take medicines in the dark.
- Do not take medicine in front of children. The child might imitate your action.
- If you have a young child who is able to walk or crawl, keep household plants and products stored above floor level, not beneath the sink.

POISON

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1-800-222-1222

TENNESSEE POISON CENTER

Telephone Stickers
Save it in your cell too

POISON
Heip.
1-800-222-1222



Tennessee Poison Center

POISON EMERGENCY?
Call your poison center right away.

POISON
Heip.
1-800-222-1222



Tennessee Poison Center

What preparation is in place?

In addition to Tennessee Poison Center, local, county, state, and federal agencies are prepared to respond to biological and chemical events.

- Emergency and hospital staffs have been specially trained in caring for victims of biological and chemical events.
- Agreements have been made with neighboring cities and states for extra assistance.
- National supplies of commonly used medicines and supplies are prepared.

How to prepare your family?

- **Planning**
Each family should have a family plan for emergencies, whether terrorism or natural disasters. For a sample disaster kit, visit the American Red Cross website: <http://www.redcross.org> under Get Help.
- **Education**
Educate your family so they will know the plan. ReadyTN promotes preparedness and provides situational awareness in Tennessee.
- **Volunteer**
Volunteer your services in your community and be trained to help.

What should the public do for a suspected biological or chemical poisoning?

- Monitor the situation through local radio and television broadcasts.
- Listen and follow instructions from public health and safety agencies.
- Call the Poison Center at **1-800-222-1222** for treatment or other information
- Call 9-1-1 if an individual is unconscious or not breathing.

The action you take depends on:

If you are inside, event is outside:

- If indoors, stay indoors and turn off all ventilation, close windows and doors.
- Monitor situation through news channels.

If you are inside, event is inside:

- If you hear a building or fire alarm, move quickly outside.
- Cover all exposed skin.
- Cover your mouth with a cloth.

If you are outside, event is outside:

- Cover all exposed skin.
- Cover your mouth and nose with a cloth.
- Call 9-1-1 if an individual is unconscious or not breathing.

To learn more, visit

- Tennessee Department of Health Emergency Preparedness Program
<https://www.tn.gov/health/cedep/cedep-emergency-preparedness.html>

- Tennessee Office of Homeland Security
<https://www.tn.gov/safety/homeland-security.html>

- Tennessee Emergency Management Agency
<https://www.tn.gov/tema.html>

TENNESSEE POISON CENTER AND TERRORISM

www.tnpoisoncenter.org





TENNESSEE POISON CENTER

The poison center can provide immediate treatment for poison emergencies, including exposure to:

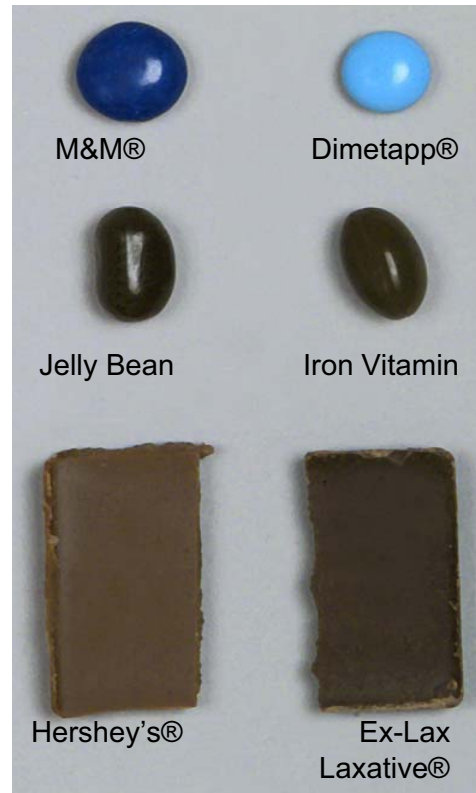
- household products
- chemicals
- drugs (prescription, over-the-counter, herbal and illegal)
- snake and spider bites
- chemical terrorism

Save **1-800-222-1222** in your phone to get quick help from a **poison expert** when accidents happen.

All calls are fast,
free and
confidential.



Candy or Medicine? – Look-A-Like Drugs



Because young children are unable to read, they can often mistake medicines for their favorite candy. Many medicines and candies look identical. To reduce the risk of accidental poisonings, keep medicines in their original containers and out of children's reach in a high, locked cabinet.

In the event of an accidental poisoning:

Call **TENNESSEE POISON CENTER** at **1-800-222-1222**



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

Don't Guess. Be Sure.



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

Play at:
pillsvscandy.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.

MISTAKEN IDENTITY

If You Can't Tell The Difference, How Will A Child?



1-800-222-1222

POISON
EMERGENCY?

call your
poison center right away.



TENNESSEE POISON CENTER



A UNITED WAY PARTNER AGENCY

Mixing some medicines
with other
medicines
or taking too
much can
be a deadly
mistake.

When in doubt,
check it out.
Call the experts -

Tennessee Poison Center



This hospital helps our community by supporting Tennessee Poison Center.

American Association of Poison Control Centers, copyright 2010
This project is funded under an agreement with the Department of Health.



POISON PURSE

BE WARY OF THE DANGER YOU MAY CARRY

Hairspray or similar product:

May irritate eyes if aimed improperly

Perfume/cologne:

Contains alcohol so possibly feel drunk with large amounts swallowed; may irritate eyes if aimed improperly

Nail polish remover:

May irritate eyes, skin and mouth, & stomach upset if swallowed

Prescription medicines:

May cause a wide variety of minor to serious problems, depending on product

Nose spray:

May cause extreme drowsiness or agitation if swallowed

Nail polish:

May irritate eyes, skin and mouth, & upset stomach if swallowed

Over-the-counter medicine:

May cause agitation, jitters, drowsiness

Mouthwash:

Often contains alcohol so possibly feel drunk with large amounts swallowed



Toothpaste:

May cause stomach upset if swallowed

Baby powder:

May cause eye and throat irritation; if inhaled could cause serious breathing problems

Pepper spray:

May irritate eyes, skin & cause breathing problems

Insect repellent:

May irritate eyes and mouth; possible seizures if swallowed

Batteries:

May cause severe irritation or burns if chewed; also a choking hazard

Eye drops:

May cause a variety of mild to serious symptoms if swallowed

Hand cream:

May cause stomach upset and diarrhea if large amounts swallowed

"Chocolate" laxatives:

May cause severe diarrhea

Cigarettes:

May cause severe stomach upset and vomiting if swallowed

Ink pen:

May cause eye and mouth irritation

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HelpTM

1-800-222-1222