

Fact Sheet

Kids and poisons



If your child is poisoned call the

Poisons Information Centre

24 hours – 7 days

Tel: 13 11 26

In New South Wales, every year thousands of children need medical care for poisoning from products commonly found in and around the home. Most accidental poisonings occur to children younger than five, with children aged one to three at greatest risk.

Why are children more likely to be poisoned?

Young children are exploring their world and will put anything in their mouths. They also like to imitate what others do, including taking medications.

What can be poisonous to your child?

Medicines, cleaning, laundry, gardening and car products, insecticides, perfumes, paint, plants, insects and many others.

How can you prevent a poisoning?

- Store medicines and chemicals out of sight and reach of children,

- at least 1.5metres off the ground and in a locked child resistant container.
- Use medicines and chemicals safely. Follow given instructions and return them to safe storage immediately after use.
- Buy products in child resistant containers and use child resistant locks on cupboards or cabinets that store poisons. You can buy these at many hardware stores.
- Ensure all products are stored in original containers and are clearly labelled.
- Regularly dispose of unwanted and out of date medicines by taking them to your nearest pharmacy for safe disposal.
- Don't call medicines 'lollies'.
- Check that the plants in your garden are not poisonous. Refer to Poisonous plants fact sheet.

For more information on the prevention of poisoning, call Kids Health, The Children's Hospital at Westmead on (02) 9845 3585.

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First Aid for poisoning

Swallowed poison

- Do not try to make the patient vomit.
- Pick up the container and take to the telephone.
- Call the Poisons Information Centre on **13 11 26**

Poison on the skin

- Remove contaminated clothing, taking care to avoid contact with the poison.
- Flood the skin with cool running water.
- Call the Poisons Information Centre on **13 11 26**

Poison in the eye

- Flood the eye with water from a cup, jug or slowly running tap.
- Continue for 10-15 minutes, holding the eyelids open.
- Call the Poisons Information Centre on **13 11 26**

Inhaled poison

- Get the person to fresh air quickly without placing yourself at risk.
- Open doors and windows wide, if safe to do so.
- Call the Poisons Information Centre on **13 11 26**

Other reasons to call the Poisons Information Centre

To obtain correct first aid advice for poisoning or bites and stings.

To answer any questions you may have about preventing a poisoning, first aid for a poisoning and information about the toxicity of products and plants.

Remember

- Dispose of "out of date" and unwanted materials responsibly. A free and safe disposal service is periodically provided through the CleanOut program. To find out about the next CleanOut event in your area contact your local council, telephone the Environment Line on 131 555, or visit www.cleanout.com.au.
- Buy products in child resistant containers.

This fact sheet is for education purposes only.
Please consult with your doctor or other health professional
to make sure this information is right for your child.

This document was reviewed on Monday, 12 March 2007.

the
children's
hospital at Westmead
www.chw.edu.au

 **SYDNEY
CHILDREN'S
HOSPITAL
RANDWICK**
www.sch.edu.au