

PARENT NOTES



Did You Know?

...90% of children are poisoned at home.

...the poison center helped a squirrel, a mule, 2 ferrets, 3 horses, 2 goats a tortoise and 2 birds along with 575 cat and dogs in one month?

...last holiday season 147 called with food safety questions? 221 others wished they had called before they ate?

Washington Poison Control

Expert Poison Information 24/7

<http://www.wapc.org/>

The Washington Poison Center (WPC) is free expert treatment advice and help on the telephone in the case of exposure to poisonous substances. The WPC is toll-free, 24 hours a day, 7 days a week, 365 days a year.

Pharmacists, nurses and poison information providers answer the phones. Calling can prevent a trip to the emergency room. In 2003, the WPC helped saved some 30,000 trips to Emergency rooms by helping people over the telephone.

The National Poison Help Line at 1-800-222-1222 is FAST, FREE and PRIVATE.

Poison Facts

A poison is a chemical or substance that can make you sick or kill you if you eat it, drink it, breathe it, get it on your skin or in your eyes. Many household products and plants are poisons. Children, older people and pets are most at risk-

but people of all ages can get poisoned! The Poison Center also gets calls about food poisoning; insect, spider, tick and snakebites; carbon monoxide; lead; pesticides; rabies and animal bites.

More than 50% of reported poisonings involve children six and younger. Poisoning is the fifth leading cause of "accidental" death in children under the age of six and is one of the most common reasons children are seen in emergency rooms. Poisonings are most common in children ages one and two.

Poison Prevention Tips

- Store medicines and household products where children cannot see or reach them.
- Store poisons in their original containers.
- Use child-resistant packaging. Remember, nothing is childproof!
- Store your medication and your pet's medication in different places.
- Never mix more than one medication in a bottle.
- Clean out old medicines regularly and flush them down the drain.
- Put Mr. Yuk stickers on poisonous products in your home. (order these at the web site or by calling 1-800-222-1222)

Go to the web site <http://www.wapc.org/> and get a home poison proofing checklist, fun and games for kids, poison first aid, and many handouts.

Balancing Work and Family

Make the most of evenings at home

- Give yourself and your kids time to relax and unwind.
- Make kid-friendly meals in advance or cook something quick and easy.
- Treat yourself to dinners out on occasion.
- Turn off the TV and discuss your day during dinner.
- Stick to a routine so your kids know what to expect.
- Factor in fun and time to snuggle.



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