



## Caregivers Guide

The Caregivers Guide offers practical advice on keeping children safe from potentially harmful substances. That's our specialty. We encourage you to take the actions below. You'll feel more confident and assured after taking concrete steps to keep young children safe. To access free copies of the English and/or Spanish guides:

- Order free copies from the Poison Prevention Education Resource Center:  
<https://www.illinoispoisoncenter.org/education/poison-prevention-education>
- Download from the IPC web site: <https://www.illinoispoisoncenter.org/health-safety/caregivers-guide>

Available in Spanish and English only (2-sided)  
 Dimensions: 8-1/2" x 11"

Questions? Please contact [IPCadmin@team-ih.org](mailto:IPCadmin@team-ih.org) or 312-906-6136

**Illinois Poison Center  
POISON HELP  
1-800-222-1222**

### Caregivers Guide to Poison Prevention

**What substances can be poisonous?**

Any substance or product can be poisonous if it causes an unwanted or unexpected reaction. The reaction can range from something as mild as a rash or stomach ache to something more serious resulting in hospitalization or death.

**HOW DO POISONINGS HAPPEN?**

- **Ingestion**—Eating or drinking something
- **Skin contact**—Splashing, spilling or rubbing something on the skin
- **Eye contact**—Splashing a harmful substance into the eye
- **Inhalation**—Breathing dangerous fumes
- **Bites/stings**—Getting bitten/stung by insects, snakes or spiders

**PREVENTION TIPS**

- **Teach** children to "always ask first" before eating or drinking anything you haven't given them.
- **Store** potentially harmful products in cabinets with child-resistant safety locks or up high and out of reach.
- **Don't** store cleaning products and food/beverages in the same cabinets or areas.
- **Keep** all potentially poisonous substances in their original container with original labels, including cleaners, medicines, supplements, herbals, and products used for home repair, gardening and automobiles.
- **Always** read labels and directions before using potentially poisonous substances. Use only as directed.
- **Close** all containers tightly immediately after use.
- **Rinse** out all empty containers for products such as bleaches and cleaners before discarding.
- **Save/post** the Illinois Poison Center's 1-800-222-1222 helpline number in, on or near all phones.

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**MEDICINE SAFETY**

Children, especially toddlers, are often curious about medicines. Take extra precautions with medications you may have around the house, in your bag(s) and vehicle:

- **Keep** medicines in their original containers and store them in locked cabinets.
- **Don't** place or store medications within reach of children.
- **Use** child-resistant containers for medications in your purse or backpack. **Note:** Daily pill containers/organizers may be child-resistant but they are not child-proof.
- **Dispose** of old or unused medications: <https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know>
- **Never** call medicine candy or make a game out of taking it.
- **Always** turn on a light and wear your glasses, if necessary, when taking or giving medicines.

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### Caregiver's Guide to Poison Prevention

**HANDBAG/PURSE/BACKPACK SAFETY**

Don't allow children to play with your or others' handbag, purse or backpack. Many things in them can be hazardous if they get into a young child's mouth. These include makeup, perfumes, ointment/creams, medications, hand sanitizer and cannabis edibles. Some of these items may also pose a choking hazard.

**FREE SAFETY PACKET AND EDUCATION**

Request a free Complimentary Safety Packet in English and/or Spanish: <https://tinyurl.com/ipc-safety-packet>

Complete our free online Poison Prevention Education Course with free continuing education credit: <https://tinyurl.com/ipc-course>

Visit our My Child Ate... webpages for more safety information: <https://tinyurl.com/my-child-ate>

**ABOUT THE ILLINOIS POISON CENTER**

The Illinois Poison Center is dedicated to preventing poisonings and providing free, confidential treatment advice to the public and healthcare professionals. Our 1-800-222-1222 helpline is staffed by nurses and pharmacists formally trained in toxicology and are specialists in providing poison information. Helpline staff are available 24 hours a day, 7 days a week, 365 days a year.

### HOUSEHOLD CHECKLIST

Store products high and out of reach of children. Also keep children away from potentially poisonous items in nature.

<p><b>KITCHEN</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Soaps</li> <li><input type="checkbox"/> Dish Detergent</li> <li><input type="checkbox"/> Furniture Polish</li> <li><input type="checkbox"/> Drain Cleaners</li> <li><input type="checkbox"/> Oven Cleaners</li> <li><input type="checkbox"/> Floor Cleaners</li> <li><input type="checkbox"/> Ant/Roach Killers</li> <li><input type="checkbox"/> Mouse/Rat Poison</li> <li><input type="checkbox"/> Alcohols</li> </ul> <p><b>BEDROOM</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cosmetics</li> <li><input type="checkbox"/> Perfume</li> <li><input type="checkbox"/> Baby Powder</li> <li><input type="checkbox"/> Medicines</li> </ul>	<p><b>BATHROOM</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Medicines</li> <li><input type="checkbox"/> Supplements</li> <li><input type="checkbox"/> Mouthwash</li> <li><input type="checkbox"/> Cleaning Supplies</li> <li><input type="checkbox"/> Shampoos</li> <li><input type="checkbox"/> Toothpaste</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Eye Drops</li> </ul> <p><b>LIVING ROOM</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plants</li> <li><input type="checkbox"/> Cigarettes</li> </ul> <p><b>LAUNDRY ROOM</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bleach</li> <li><input type="checkbox"/> Detergent</li> <li><input type="checkbox"/> Cleaners</li> </ul>	<p><b>GARAGE OR STORAGE AREAS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Antifreeze</li> <li><input type="checkbox"/> Pesticides</li> <li><input type="checkbox"/> Gasoline</li> <li><input type="checkbox"/> Paint Removers</li> <li><input type="checkbox"/> Weed Killers</li> <li><input type="checkbox"/> Windshield Fluids</li> <li><input type="checkbox"/> Gas/Oil Treatments</li> </ul> <p><b>OUTDOOR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pesticides</li> <li><input type="checkbox"/> Herbicides</li> <li><input type="checkbox"/> Fertilizers</li> <li><input type="checkbox"/> Lamp/Tiki Torch Oil</li> </ul>	<p><b>OTHER</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Herbals</li> <li><input type="checkbox"/> Cannabis Edibles</li> <li><input type="checkbox"/> Nicotine Products</li> <li><input type="checkbox"/> Batteries</li> <li><input type="checkbox"/> Craft Supplies</li> <li><input type="checkbox"/> Small Magnets</li> <li><input type="checkbox"/> Nail Polish and Products</li> <li><input type="checkbox"/> Plants (indoor/outdoor)</li> <li><input type="checkbox"/> Mushrooms</li> <li><input type="checkbox"/> Snakes</li> <li><input type="checkbox"/> Spiders</li> <li><input type="checkbox"/> Insects</li> </ul>
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IllinoisPoisonCenter.org

Scan to request our free safety packet.

Scan for our free online Poison Prevention Course and CEC.