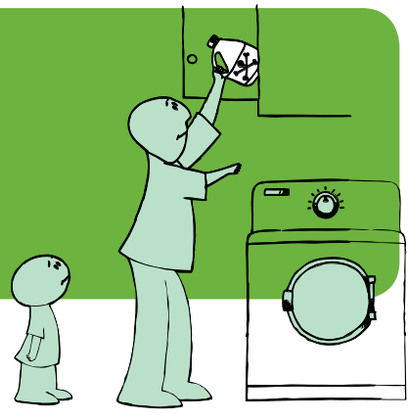
# Protect the ones you love

# POISONINGS



## The Reality

We all want to keep our children safe and secure and help them live to their full potential. Knowing how to prevent leading causes of child injury, like poisoning, is a step toward this goal.

Every day, 374 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, as a result of being poisoned.

It's not just chemicals in your home marked with clear warning labels that can be dangerous to children. Everyday items in your home, such as household cleaners and medicines, can be poisonous to children as well. Active, curious children will often investigate—and sometimes try to eat or drink—anything that's left out and within their reach.

Thankfully, there are ways you can help poison-proof your home and protect the children you love.

## Prevention Tips

**Lock them up.** Keep medicines and toxic products, such cleaning solutions, in locked or childproof cabinets.

**Know the number.** Put the nationwide poison control center phone number, 1-800-222-1222, on or near every telephone in your home. You should also program it into your cellular phone. You can reach poison control centers 24 hours a day, seven days a week. Call poison control if you think a child has been poisoned and if they are awake and alert. Call 911 if you have a poison emergency and your child has collapsed or is not breathing.

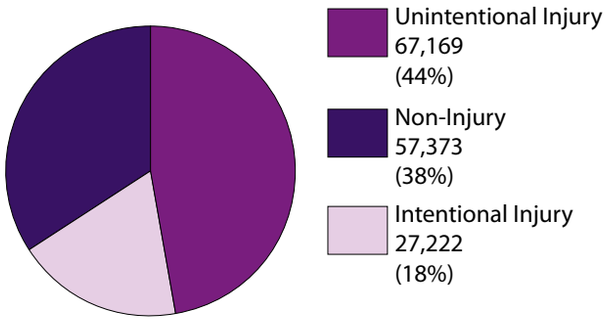
**Read the label.** Follow label directions and read all warnings when giving medicines to children.

**Don't keep it if you don't need it.** Safely dispose of unused, unneeded, or expired prescription drugs. Be aware that if you dispose of unused medicines, they can be mixed with coffee grounds or kitty litter to make them less appealing to children.

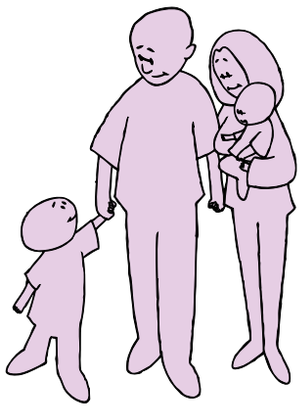
Please visit www.cdc.gov/safechild for podcasts, tip sheets, and other information on the leading causes of child injury and steps you can take to protect the children you love.

Child injuries are preventable

**The Burden of Child Injury, Unintentional Injury Deaths Ages 1–19, United States, 2000–2005**




- Across the United States, injuries are the leading cause of death among children ages 19 and younger.
- About 33 children die every day because of injuries.
- Each year, nearly 9.2 million children aged 0 to 19 years are seen in emergency departments for injuries, and 12,175 children die as a result of being injured.



**In addition to doing all you can to protect a child from being poisoned, follow these steps to prevent other leading causes of injuries:**

**Burns** —Fire and scalding water can pose threats to children. To help keep kids safer from burns caused by fire, install and maintain smoke alarms in your home.

**Drownings** —Drownings can happen quickly and quietly, but installing four-sided fences, with self-closing and self-latching gates, around backyard swimming pools can make a life-saving difference by keeping kids away from the water when you're not there to supervise.

**Falls** —Falls can happen at the playground or at home. To protect your child, check playground equipment to make sure it's properly designed and maintained and that there's a safe, soft landing surface below.

**Road traffic injuries** —To make injuries less likely when you're on the road with kids, always use seat belts, child safety seats, and booster seats that are appropriate for your child's age and weight.

**www.cdc.gov/safechild**

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