

Cold Weather Warning Tips

Be Poison Smart!SM

Winter's bluster, rainy cold and snow can mean coughs, flu, and visits to the pharmacist for prescriptions. Be aware of medicines and their hazards to children. Almost 50% of children's exposures to poisoning involve pharmaceutical products. Keeping medicines out of sight and out of your family's reach is the single most effective step one can take to Be Poison Smart!.

Cough and Cold Medicines: During cold and flu season, remedies are often found on counters or bed stands, tempting to youngsters. These medicines, as well as acetaminophen (Tylenol-R) and aspirin, can be toxic to children. Keep these medications locked up or well out of the reach of children

When taking other medications, especially for high blood pressure or depression, check with your physician or pharmacist before using any cold product. Many cold products contain identical ingredients, so do not take more than one at a time.

Medicine Cabinet: Winter is a good time to clean out the medicine cabinet. Check the expiration dates on all medicines and flush the expired medicines down the toilet. Discard antibiotics when treatment is completed. Do not share medications. If you must have containers without child-resistant closures, remember to lock them away when children visit.

Poison Proofing: Much of the winter is spent indoors. Children are likely to explore medicine cabinets, bathrooms and storage areas under sinks and counters. A window ledge or counter top are not safe places for vitamins or food supplements. Iron tablets are an example of a vitamin that can look like candy to a young child, yet can be very poisonous to a child. The safest place for medicines is in a locked cabinet or box.

Poison Prevention Tips:

1. Never call medicine "candy".
2. During illness, designate one person to be responsible for medicine to avoid giving twice.
3. Keep Syrup of Ipecac in your home; always check with the poison center before using. Keep the poison center's number on your phone.
4. Never keep medicines in your purse; keep purses out of reach of children.



For Every Child. For Every Reason.[®]
Columbus, Ohio

central ohio
POISON
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Be Poison Smart!SM

700 Children's Drive © Columbus, Ohio 43205 © (614) 228-1323 © 800-682-7625 (Ohio)

