

Protect the Ones You Love From Poisonings

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC—safer, healthier people.

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 unintentional poisoning.

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.

Poisonings *can* be prevented, and you can play a key role in protecting the children you love. Here are some tips to help keep children safe from poisoning:

- Keep medicines and toxic products, like cleaning solutions, in locked or childproof cabinets. Don't leave doses of medications on countertops or anywhere that children can easily reach.
- Put the poison control number, 1-800-222-1222, on or near every home telephone. You should also program it into your cell phone. You can reach poison control 24 hours a day, seven days a week, and you should call if you think a child has been poisoned and if he or she is awake and alert.
- If your child has collapsed or is not breathing, call 911.
- Follow label directions and read all warnings when giving medicines to children.
- Safely dispose of unused, unneeded, or expired prescription drugs.
- Avoid taking medications in front of kids because they often copy adult behaviors.
- Keep medicines and chemical products in their original containers so that you can easily identify them.

When it comes to a child you love, *of course* you want to protect them from harm. It's within your power to help them live to their full potential, without experiencing the pain and suffering that injuries can cause.

Protect the Ones You Love: Child Injuries Are Preventable is a CDC initiative to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented. For more information, please visit www.cdc.gov/safechild.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.