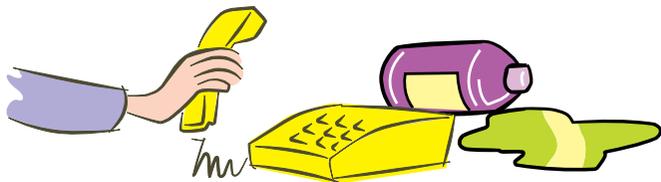


If you think your child  
has been poisoned



**DON'T DELAY!**

**CALL**

**(01) 809 2166**

**8am-10pm every day**

Your call will be answered by a Specialist in Poisons Information and you will be advised if medical attention is needed.

Outside these hours, contact your GP or hospital.

**In case of emergency call 999 or 112**

**Public Poisons Line**  
**(01) 809 2166**

**8am-10pm every day**

**Save this number on your phone.**

**Show this leaflet to everyone who  
looks after your child.**

**If you think your child  
has been poisoned**

### What should you do?

1. Stay calm but act quickly.
2. Take the poison away from your child.
3. If the poison was eaten, make the child spit it out, run your fingers around their mouth and flick out any remaining pieces.
4. Never make your child vomit.
5. If a chemical has splashed into the eyes, wash the eyes with tap water for 15 minutes.
6. Wash any skin that was in contact with the poison with soap and water.
7. **Call the Poisons Information Centre (01) 809 2166 (8am-10pm)**
8. Always take the product container with you to the telephone or to the GP or hospital.

### Be ready to answer the following questions

1. What was taken?
2. How much was taken?
3. What is the child's age and weight?
4. Does the child have symptoms?
5. Does the child have an existing medical problem?
6. What time did the poisoning occur?
7. Is there information on the container?
8. What is the product used for?

### Signs and symptoms of poisoning

The signs and symptoms of poisoning can be delayed.  
Always seek advice!

**Public Poisons Line (01) 809 2166**  
[www.poisons.ie](http://www.poisons.ie)



HPM00790 Poison Prevention (revised). Review date 2019.

# Poison Prevention Guidelines



**If you think your child  
has been poisoned, call the  
Public Poisons Line**

**(01) 809 2166**

**8am-10pm every day**

# Poisons and Children

## What is a poison?

A poison is any substance that can cause harm if it is swallowed, inhaled, injected or absorbed through the skin or eye.



Poisoning can occur with medicines, household products, cosmetics, plants, garden products, farming and industrial chemicals and animals (e.g. wasp stings).

## Poisons and children



- Poisoning is most likely to happen to children aged 1- 4 years old.
- Most incidents take place in the child's home, the home of a grandparent or a childminder, or at crèche or school.
- Children are most likely to come in contact with poisons during the afternoon, at the weekend and during school holidays.
- Accidental poisoning can be easily prevented by keeping harmful substances out of reach and out of sight of children.

Public Poisons Line (01) 809 2166

# Poison Prevention

## DO...



- ✓ Use containers with child-resistant caps. These caps are child-resistant but they are not childproof!
- ✓ Keep chemicals and medicines out of reach and out of sight of children.
- ✓ Keep all products in their original containers.
- ✓ Use childproof locks on cupboards.
- ✓ Read medicine labels carefully to avoid mistakes. Talk with your GP or pharmacist if you have any questions.
- ✓ Ask advice from staff in your garden centre when buying plants.
- ✓ Replace all lids on products.
- ✓ Install carbon monoxide and smoke alarms in your home.

## DON'T..

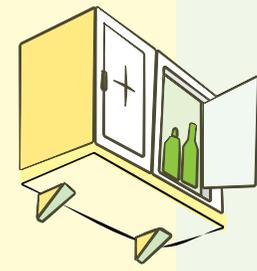


- ✗ Do not leave containers open when using them.
- ✗ Do not transfer products from their original containers. Children who see liquid in a soft-drink bottle will think they can drink it.
- ✗ Do not remove labels from medicines or products. The label can contain important information.
- ✗ Do not put tablets into another container such as a purse or envelope.
- ✗ Do not refer to medicine or tablets as sweets.
- ✗ Do not take your medicine in front of children as they often copy adults.

The National Poisons Information Centre, Beaumont Hospital, Dublin, Ireland. Poison Prevention Leaflet 2016©  
This leaflet has been financed by Health Service Executive.

# Poison Proof Your Home

Check your home to make sure all poisons are stored safely and out of children's reach.



## Kitchen

Detergents, dishwasher tablets, bleach, drain cleaners, oven cleaners, polish, disinfectant, liquid detergent capsules, white spirit, coins and batteries.



## Bathroom

Medicines, vitamins, iron tablets, bleach, shower cleaner, toilet cleaner, cosmetics, toiletries, shower gel, shampoo, toothpaste and mouthwash.



## Bedroom

Medicines, perfume, aftershave, nail polish remover, essential oils, herbal remedies and false teeth cleaners.



## Handbags/Briefcases

Medicines, coins, alcohol hand gel, chewing gum, cigarettes and e-cigarettes.



## Shed or Garage

Petrol, paraffin, car products, insect sprays or powders, rat poison, white spirit, glue, paint and BBQ fluid.



## Garden

Berries, plants, flowers, mushrooms, slug killer, plant food and weedkiller.

These are examples of some poisons that can be found in the home.

