

Home Poison Safety Checklist

Make your home safe from poisons. Go through each room of your house and make sure that all possible poisons on this list are properly closed, locked up or stored out of reach of young children and pets.

Kitchen

- Medicine (prescription, over-the-counter, vitamins)
- Drain cleaner
- Furniture polish
- Cleansers and scouring powders
- Oven cleaner
- Alcoholic beverages
- Powder, liquid and pod detergents
- Carpet and upholstery cleaner
- Bug and pest control products

Bathroom

- Medicine (prescription, over-the-counter, vitamins)
- Drain cleaners
- Toilet bowl cleaners
- Personal care products
- Cosmetics
- Shampoo, dye and hair care products
- Nail polish and remover
- Hair remover
- Rubbing alcohol
- Mouthwash
- Aftershave lotion
- Air fresheners, deodorizers
- Camphor-containing products (cough and cold rubs, muscle pain creams, itch relief, cold sore gels, fungal creams, etc.)

Bedroom

- Medicine (prescription, over-the-counter, vitamins)
- Jewelry cleaner
- Perfume, cologne

Laundry Room

- Soaps, detergents, pods
- Stain removers
- Bleach

Living Room

- Button batteries
- Cigarettes, liquid nicotine and tobacco products
- Plants
- Home fragrance oils (plug-ins and diffusers)

Garage, Basement, Workshop, Outside Storage

- Rust removers
- Cleaning supplies
- Bug and pest control products
- Mothballs
- Anti-freeze
- Windshield washer fluid
- Motor oil
- Weed killer
- Fertilizers



- Garden chemicals
- Gasoline
- Kerosene
- Lighter fluids
- Turpentine
- Paints, paint removers and thinners
- Pool chemicals

Purse

- Medicine (prescription, over-the-counter, vitamins)
- Hand sanitizer
- Cigarettes, liquid nicotine, nicotine gum/patches
- Eyedrops

Diaper bag

- Medicine (prescription and over-the-counter)
- Hand sanitizer
- Teething gel
- Sunscreen
- Insect repellent

Poisonings can happen to anyone. When in doubt, check it out!

If you think someone has been poisoned, call 1-800-222-1222 right away. Serious poisonings don't always have early signs. Remember, the Poison Help line is not just for emergencies; you can call with questions as well. All calls are free and confidential.

QUICK TIPS:

The Poison Control Center recommends the following tips to help prevent unintentional poisonings.

- Save the Poison Help number, 1-800-222-1222, in your phone as a contact and post it in your home for babysitters and visitors.
- Keep all medicine, cleaning products and chemicals out of reach and out of sight of children.
- Make sure all cleaning products, including laundry products, are stored in their original containers. Never place them in other containers, such as soda bottles or jars, that might lead to children thinking the substance is a food or beverage.
- Install safety latches on cabinets and drawers used for medicine and household products and cleaners.
- Keep purses, diaper bags, work and travel bags up and out of reach of small children.
- Buy products with child-resistant packaging when possible, but remember nothing is "child-proof."
- Read medicine and product labels before each use and follow directions exactly.
- Never call medicine "candy" or make a game out of taking medicine.
- Teach children to ask an adult before tasting anything.
- Avoid taking medicine in front of children. They like to imitate adults and may follow your example.
- Safely dispose of expired or unneeded medicines.
- Never give or take more than the prescribed amount of medicine.
- Use only the measuring device, such as the dosing cup, syringe or dropper, that is included with your medicine. Never use a kitchen spoon.
- Do not put medicines, cleaning products and chemicals in the same cabinet as food.
- Be aware of where button batteries are within your home. Places can include remote controls, key fobs and watches. Keep away from children.
- Find out the names of the plants in your house and yard. Keep houseplants out of reach of small children and pets.
- Install carbon monoxide detectors on every level of the home.



The University of Kansas Health System Poison Center is one of only 55 poison centers in the United States and the only one in Kansas. It is certified by the American Association of Poison Control Centers. Poison centers offer free, confidential medical advice **24 hours a day, seven days a week** through the Poison Help line at **1-800-222-1222**.

kansashealthsystem.com/poison

