

Poison: How Safe Is Your Family?

When it comes to protecting your family from the dangers of poison, prevention is your best defense. These tips can help you keep your loved ones safe.

Medicines can be dangerous if not handled properly:

- Keep medicine out of the reach of children—in a locked cabinet.
- Follow instructions carefully.
- Don't take a prescription medicine that wasn't intended for you. And, don't give your child medicine intended for his or her sibling.
- Never try to trick children into taking medicine by saying it's just like candy.
- Throw away expired prescription or over-the-counter medicines. Flush them down the toilet or dispose of them in a way that no one can get to them—not even pets.
- Remember that vitamins and supplements can be as dangerous as medicines if not used safely.

Watch for poison dangers throughout the house:

- Put potentially dangerous products in locked or childproof cabinets. This includes:
 - ✓ Cleaning items
 - ✓ Car products such as brake fluid or antifreeze
 - ✓ Pesticides, fertilizers or weed killers
 - ✓ Hobby supplies such as glue or paint
- Keep cleaners, medicines and other dangerous products in their original containers.
- Be aware that many house and outdoor plants can be poisonous if eaten.
- Don't be caught off-guard—even products such as batteries, perfume and cosmetics can be poisonous.

Before a poison emergency:

- Keep the phone number of your local Poison Control Center handy. Don't know the number? Call the national center at 1-800-222-1222.
- Keep ipecac syrup in the house. Use it only under the direction of the Poison Control Center or your doctor.

What to do in a poison emergency:

- Call your local Poison Control Center.
- Stay calm. Give as much information as possible. Describe what happened or what you think happened, the poisonous item and age of the person.

With myuhc.com®, UnitedHealthcare's innovative consumer Web site, you can access an array of health information that will help you answer important questions relating to healthy babies and many other health and wellness topics.

Call Care24 for more information on healthy babies, as well as many other health issues.

Care24 1-888-887-4114

TDD/TTY callers, please call the National Relay Center
at 1-800-855-2880 and ask for 1-888-887-4114.

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