

SAFE BEGINNINGS POISON PREVENTION CHECKLIST

- Keep medicines and household products stored up and away
- Follow product labels and instructions
- Supervise children around potentially harmful substances
- Model safe behavior for children
- Keep only nontoxic plants in house
- Store and cook food properly
- Install working carbon monoxide alarms on each floor
- Have honest conversations with your child about the dangers of e-cigarettes and marijuana
- Have the poison help phone number readily available 1-800-222-1222



Child Abuse Prevention Council
of Sacramento, Inc.



WHAT TO DO IF YOUR CHILD IS POISONED

CALL 911 IF THE INDIVIDUAL IS UNCONSCIOUS CONVULSING, OR STRUGGLING TO BREATHE

OTHERWISE, CALL THE CALIFORNIA POISON CONTROL CENTER AT 1-800-222-1222

BE PREPARED TO GIVE THE OPERATOR THE FOLLOWING INFORMATION:

- Age and weight of the person
- What was ingested (have the bottle or container with you)
- How much was taken
- How the victim is feeling or acting right now
- Your name and phone number