



Get organized for National Poison Prevention Week: adults

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Examine how you organize and use household cleaners and medicines to prevent common poisonings.

Photo: k2radio.com

More than 90% of poisonings happen at home. For National Poison Prevention Week, get organized to prevent accidental poisonings. Quick tips for adults:

- **Do not mix household or chemical products.** This can result in a dangerous gas. Keep these products separate, in their original containers, tightly closed or sealed. Read package labels before use, and note what to do in case package contents come in contact with skin, eyes, or mouth.
- **Store household chemicals separately from food items.** Keep food and chemical products as far apart as possible to prevent accidental contamination or ingestion.
- **Ventilate areas where household chemicals are in use.** Open a window or turn on a ventilation fan, and never sniff chemical containers to find out what is inside.
- **Do not share prescription medicines.** If you are taking more than one medicine at a time, check for possible interactions with your doctor or other health care provider, pharmacist, or the toll-free Poison Help Line: 1-800-222-1222.
- **Do not take medicine in the dark.** You risk taking the wrong medicine, taking too much medicine, or mixing medicine if you can't see the label.
- **Dispose of unlabeled medicines.** It's possible to identify the contents of medicine containers that are no longer labeled, but it's difficult to determine when the medicines expire. Contact the Poison Help Line, 1-800-222-1222, for help with identification and disposal.
- **Protect children from dangerous substances.** Keep all medicines, household cleaners, and other chemicals and potentially poisonous substances in locked cabinets or out of reach of children.

For seasonal poison prevention, visit poisonprevention.org. Share here your poison prevention tips, and click on "subscribe" to be notified of future Get Organized articles.

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