

Some common poisons among children are:

- ❖ Cosmetics and personal care products
- ❖ Vitamins
- ❖ Pain medicine/fever-reducers
- ❖ Cough and cold preparations
- ❖ Arts, crafts and office supplies
- ❖ Cleaning substances
- ❖ Diaper care, acne preparations, antiseptics
- ❖ Hydrocarbons (lamp oil, kerosene, gasoline, lighter fluid)

Some common poisons among adults are:

- ❖ Pain medicine
- ❖ Sedatives, hypnotics, anti-psychotics
- ❖ Antidepressants
- ❖ Bites and envenomations
- ❖ Alcohols
- ❖ Food products & food poisoning
- ❖ Fumes, gases & vapors
- ❖ Cough and cold preparations

The Regional Center for Poison Control and Prevention is a free and confidential service. Poison information specialists are available 24-hours-a-day, 7 days a week. **Call 1-800-222-1222 if you have a poisoning exposure.** TDD toll free 1-888-244-5313. Call (617) 355-4163 to order educational materials and ask poison prevention questions.

Check out our website for more information about poisons
<http://www.maripoisoncenter.com>

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ALCOHOL SAFETY

&

The Holidays



Brought to you by:
**Regional Center for
Poison Control &
Prevention**

Did you know that poisonings often happen when routines are disrupted? Children home from school, visiting relatives, vacations, shopping trips, and celebrations can disrupt daily household routines. When you're out of your routine, it's easier to be forgetful. Greater parental supervision may be required during these times to prevent accidental poisonings. *The Poison Control Center recommends taking the time to poison-proof your child's environment so that everyone has a happy and safe holiday season.*

Fall/Winter is the time for holidays, celebrations, gift-giving, and entertaining. And Alcohol is one of the worst dangers at this time of year.

Alcohol is potentially the most dangerous poison in the home during the holiday season, and poses a particular risk to children. Because most children have relatively low body weights, a child is more sensitive to alcohol poisoning than most adults. Relatively small amounts, even just few sips of alcohol, can cause seizures or low blood sugar in children. **Do not give children any alcohol.**

Metabolism is the way the body processes alcohol (and everything else you eat). The body breaks down alcohol, using special enzymes from the liver, to make alcohol less toxic. Because small children do not yet have the fully developed enzymes necessary to metabolize alcohol, it is much more toxic than it would be for adults.

Remember: Kids are curious and love to mimic what they see adults do! Be aware of who's watching you and what you leave behind.



Do not let alcohol be a tempting snack for little ones:

- ❖ Keep all liquor, beer, wine, and spiked punch out of reach of small children.
- ❖ Clean up immediately after parties. Make sure all glasses are empty and not left sitting on the table with alcohol remaining in them.
- ❖ Store presents like perfumes and after-shaves or other alcohol-containing gifts, out of the reach of children, not under the tree or on the floor.



OTHER POTENTIAL SOURCES OF ALCOHOL POISONING

- **Perfumes and colognes** -generally contain 80% alcohol.
- **Mouthwash**- products contain 30% alcohol
- **Aftershave** -products contain between 20-90% alcohol

Other types of alcohol commonly available such as methanol (common in glass cleaners), isopropyl alcohol (rubbing alcohol), and ethylene glycol (automobile antifreeze solution) are highly poisonous when swallowed, even in small quantities.



If a child swallows *any* amount of these, call the Regional Poison Center at:

1-800-222-1222