



The Poison Control Center

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# Poison Prevention Tips: *A Guide for Older Adults*





## About the Poison Control Center (PCC)

The Poison Control Center (PCC) at The Children's Hospital of Philadelphia is a nonprofit, regional poison control services provider offering a free, 24/7 emergency hotline for poisoning incidents and poison information. The PCC serves 23 counties in Pennsylvania and Delaware.

The Poison Control Center can help when you or someone you know would like information on how to prevent poisonings or has:

- Swallowed a harmful substance
- Taken the wrong medication, or the wrong dose, or taken a medication the wrong way
- Splashed a harmful substance in the eyes or on the skin
- Breathed fumes that may be dangerous

Call the Poison Control Center at

**1-800-222-1222**

if you are exposed to any poison!

## Poison Prevention Tips

- Keep all medicines out of sight and out of reach of grandchildren.
- Don't take medications in the dark! Always use adequate lighting when reading prescription labels to prevent taking the wrong medication.
- Wear glasses or contact lenses when taking medication to ensure dosing accuracy.
- Read all medication labels twice as a safety precaution and use a magnifying glass when necessary.
- Ask your pharmacist any questions that you have regarding your prescriptions or over-the-counter products.
- If you are hearing impaired, ask clinicians to speak slowly and to repeat information when needed.
- Store all personal care items separately from household items, and store all topical products separately from oral care products.
- Never mix any household, automotive or garden products together as dangerous fumes may result. When using these products, open windows and doors, use fans, and wear gloves to protect your hands.
- Have professional maintenance checks done twice a year on oil and gas heating systems in your home.
- Check and clean your fireplace once a year.
- Install carbon monoxide and smoke detectors and change batteries at least once a year.

## Common Poisons in the Home

*Use and store these products carefully!*

- Medications
- Household cleaners
- Toiletries/cosmetics
- Chemicals
- Ant and mouse poisons
- Plants
- Antifreeze and windshield washer fluid



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Founded in 1855, The Children's Hospital of Philadelphia is the birthplace of pediatric medicine in America. Throughout its history, a passionate spirit of innovation has driven this renowned institution to pursue scientific discovery, establish the highest standards of patient care, train future leaders in pediatrics, and advocate for children's health. A haven of hope for children and families worldwide, CHOP is a nonprofit charitable organization that relies on the generous support of its donors to continue to set the global standard for pediatric care.

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