

Prevention

- ▶ Avoid distractions when giving or taking medications. Always check the product and directions. If more than one person is giving a medication (for example, parents giving their medicine to a child) make sure there is a system in place to avoid mistakes.
- ▶ Establish a routine and a method to check if someone has given/taken a medication. For example, you could keep a written record, or use a weekly pill box. This helps you avoid missing a dose or taking a medication twice.
- ▶ Always keep products in clearly labelled containers. Leave them in original packaging where possible. NEVER pour products or chemicals into cups or drink bottles - this is a common cause of poisoning both in the home and workplace.
- ▶ For household products, rinse empty containers before throwing them out. You can dispose of unwanted chemicals via the Detox Your Home program. See the Sustainability Victoria website for details.
- ▶ Wear appropriate protection when painting, spraying or using products like bleach or oven cleaners. Follow the directions for use. Ensure there is adequate air flow if indoors.

Child safety tips

- ▶ Keep all medications and household chemicals out of reach of children. This means 1.5 metres high and/or in a locked cupboard. Child-resistant lids make opening bottles more difficult for young children - but not impossible. Do not rely on these alone.
- ▶ Clean out your medication cupboard regularly. You can return unwanted medicine to the pharmacy.
- ▶ Children will copy adults, so avoid taking medications in front of them. When talking to children about medication or supplements, use the proper name. This includes multivitamin gummies. They are not lollies.
- ▶ When away from the home or having visitors, keep a close eye on children. It's common for people to carry medications in their bags, which are often left within reach. Be mindful of things like alcoholic drinks, tobacco and vapes, as these are also often left unattended.



Poisoning advice

13 11 26



24 hours, 365 days



Medicines & supplements



Bites & stings



Plants & fungi



Household products



Industrial chemicals



Alcohol & other drugs



Veterinary medications
& vaccines

13 11 26



**VICTORIAN POISONS
INFORMATION CENTRE**

Austin
HEALTH

Poisoning FIRST-AID

Follow these steps, then contact
the Poisons Information Centre
on 13 11 26 for further advice.

13 11 26



What to expect when you call:

- We will ask for the details of the medication or product. If you have the packaging, keep this nearby when you contact us.
- We will ask about who was poisoned and when, how old they are, their weight, and if they have any symptoms.
- Depending on the level of risk, you may be asked to present to a medical clinic or hospital. In some cases, we may ask that you contact 000 for an ambulance.

If a poison is SWALLOWED...



-  DO NOT make the person vomit
-  Rinse mouth with water

If a poison is INHALED...



-  Take the person outside and away from the poison without placing yourself at risk
-  Loosen any tight clothing at the neck
-  Open doors and windows wide, if safe to do so
-  If the person has asthma, it is safe to use a puffer if required

If a poison is on the SKIN...



-  Remove all contaminated clothing, taking care to avoid contact with the chemical
-  Flush the skin with cool, running water*
-  Wash the affected area gently with soap and water, and rinse well

If a poison is in the EYE...



-  Remove contact lenses
-  Hold eyelids open and flush the eye with room temperature water* from a cup, jug or slow running tap
-  Continue for 10-15 minutes

We are unable to give advice about animals.
Please contact the Australian Animal Poisons
Helpline (1300 869 738) or your veterinarian.

*It's safe to use tap or bottled water to flush skin and eyes. Eye wash, saline, or other specialised products are not necessary.