

**Anytime:** Free, fast, and convenient help is available 24/7, including all holidays.

**Anywhere:** Calls come from locations such as homes, schools, workplaces, and health care facilities.

**Anyone:** Expert staff members can help with exposures in infants, children, teens, adults, and seniors.

## Prevention Checklist

- Medicines, cleaners, pesticides, alcohol, and household products are locked up out of the sight and reach of children and pets.
- Products are kept in their original containers.
- Cleaning products are never mixed together.
- Each person has a list of all their medications, including over the counter products and herbal supplements, to show their doctor and pharmacist. This will help prevent unwanted drug interactions.
- Each person has a plan for keeping their medicines organized and on schedule.
- Expired or unwanted medicines have been safely discarded.
- When taking or giving medicine, turn on the lights, put on your glasses if necessary, and check the 3 RIGHTS:
  1. Is this the RIGHT product?
  2. Is it for the RIGHT person?
  3. Is this the RIGHT dose?
- Carbon monoxide alarms are installed and in good working order.
- The **Poison Center's** number is visible near every phone and programmed into all cell phones: **1-800-222-1222**. Call right away—day or night— if anyone:
  - Makes a mistake with medicines.
  - Swallows something they should not have swallowed.
  - Gets something harmful in their eyes or on their skin.
  - Breathes a harmful gas or fume.
- Call 9-1-1 first if someone has difficulty breathing, seizure, or is unconscious.