

National Poison Prevention Week: March 19 through March 25, 2023

The third week of March is recognized as National Poison Prevention Week, bringing awareness to items in and around the home, at school, and in common areas that could potentially cause life-threatening harm.

Each year, more than 90% of exposures reported to local poison centers occur in the home. Here are some ways you can keep your family, friends, and yourself poison-safe at home (adapted from [American Association of Poison Control Centers \[aapcc.org\]](https://www.aapcc.org/)):

Be Prepared for a Poison Emergency

Put the Poison Help number, **1-800-222-1222**, in your cell phone and display it in your home and at work in case of emergency or if you have questions. You can also text **POISON to 301-597-7137**. Calls are free, confidential, and answered by experts 24/7/365.

Practice Safe Storage Habits

The following items should be stored up, away, and out of sight of children, and in their original containers. Alternatively, keep these substances in cabinets secured with child-resistant locks. Keep in mind that there is no such thing as a 100% child-proof lock or container:

- All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry and cleaning supplies
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers
- Other chemicals

Read and Follow Labels and Directions

Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medicines. Take care to follow usage directions, as well as instructions for safe storage and disposal. Call your local poison center, **1-800-222-1222**, if you have any questions about the directions.

Detect Invisible Threats

To protect your family, install carbon monoxide detectors in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

Prepare Food Safely

Practice safe food preparation and handling to [avoid food poisoning](#).