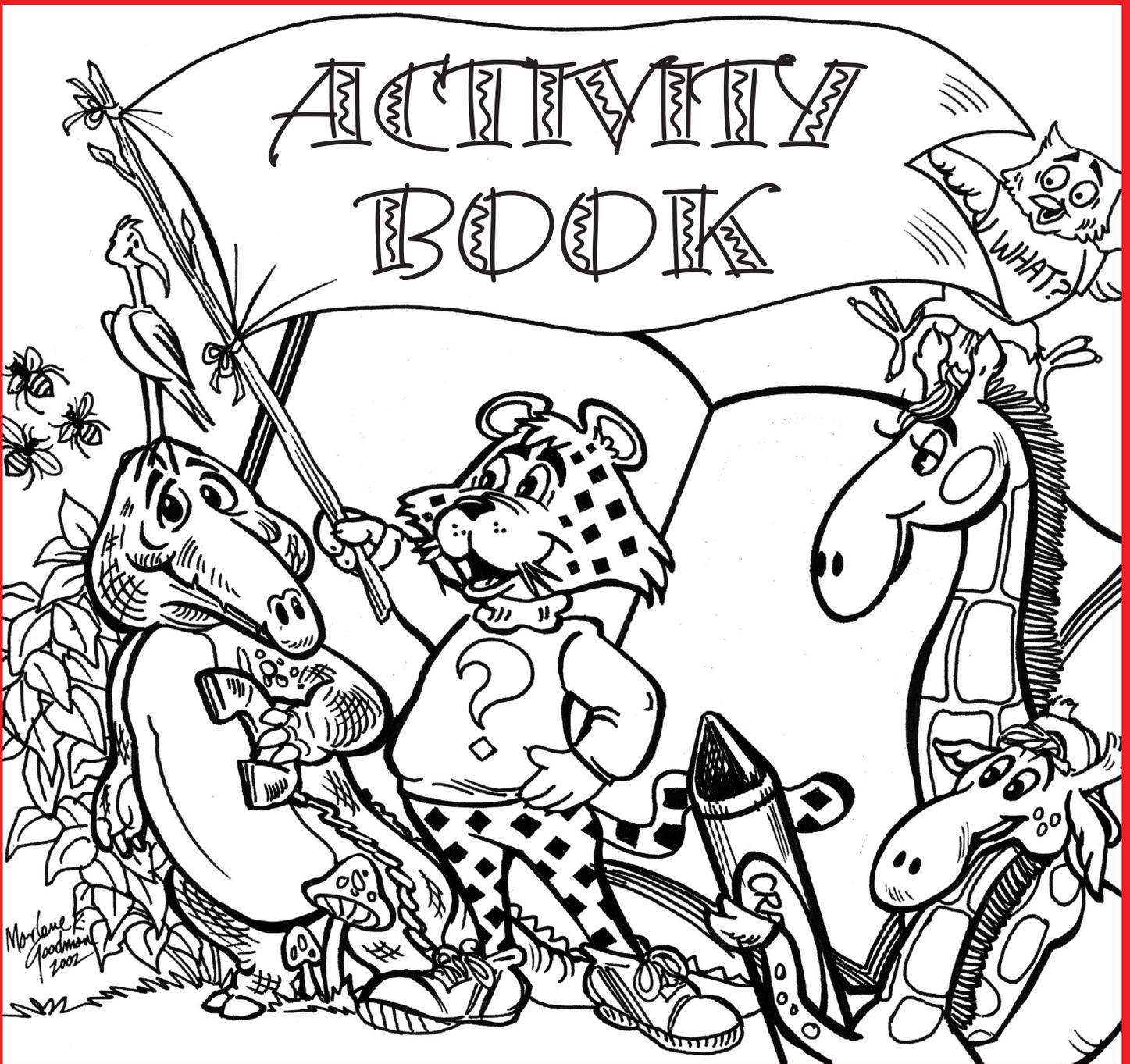


Northern New England Poison Center

# Poison Prevention



Call 1-800-222-1222

Hi, I'm Polly the giraffe and this is my son, Paul. Together we can learn about poison safety. Do you know what a poison is? A poison is something that can hurt your body if it is used in the wrong way. That is why you should always ask first before touching or tasting anything.



# Poisons Come in Many Forms

Poisons can be found in many shapes, sizes and colors, and that can make it hard to tell if something is a poison. A poison can get into your body and make you sick in several ways. It can make you sick if you touch it, taste it, drink it, breath it, smell it or get sprayed by it.

Help Polly find her friends. Watch out for the poisons!

## SOLIDS



Make-Up



Pills



Mushrooms



Poison Ivy

## SPRAYS



Hair Spray



Bug Spray



Gasoline



Smoke

## LIQUIDS



Bleach and Detergents

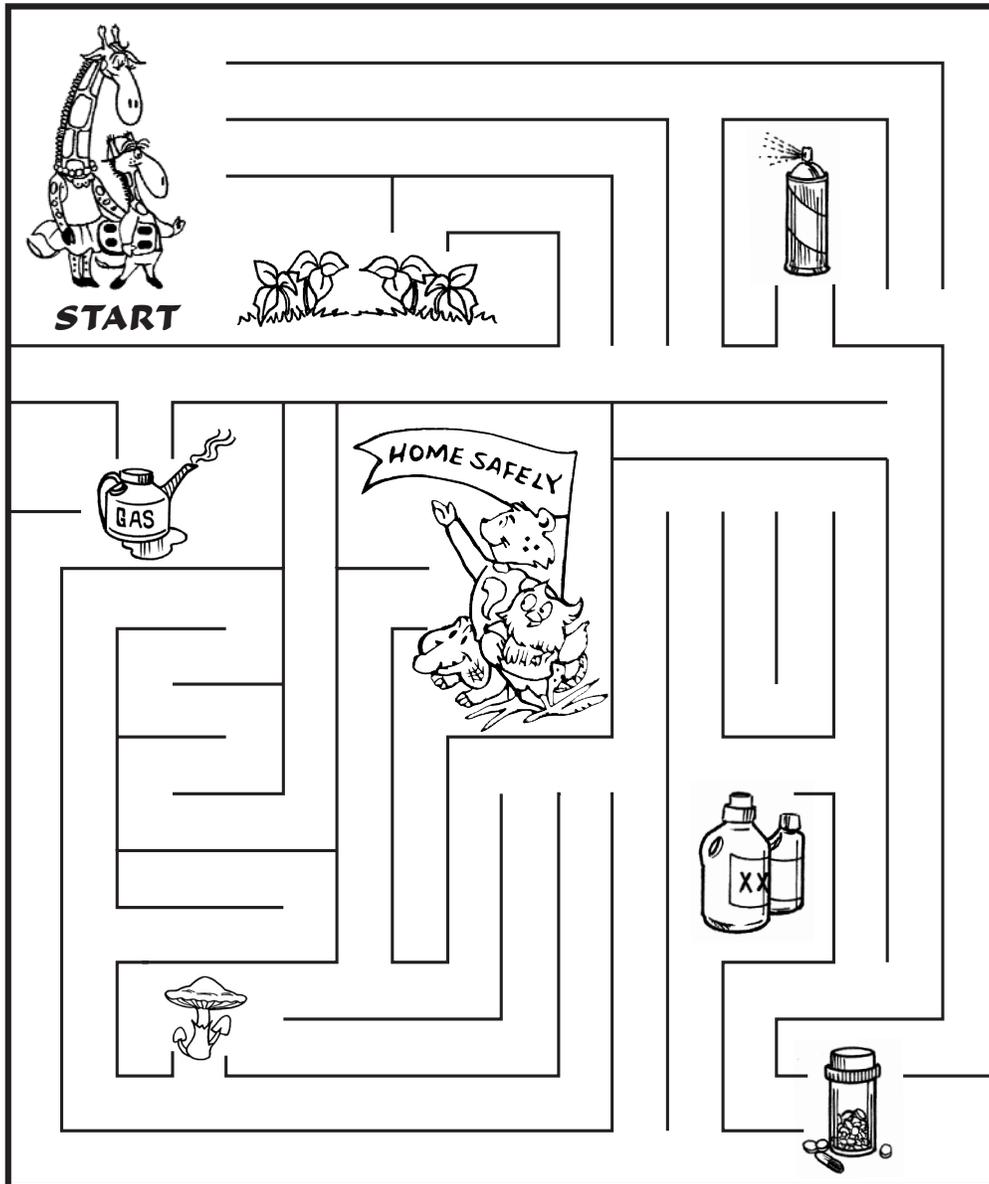


Mouthwash



Paint

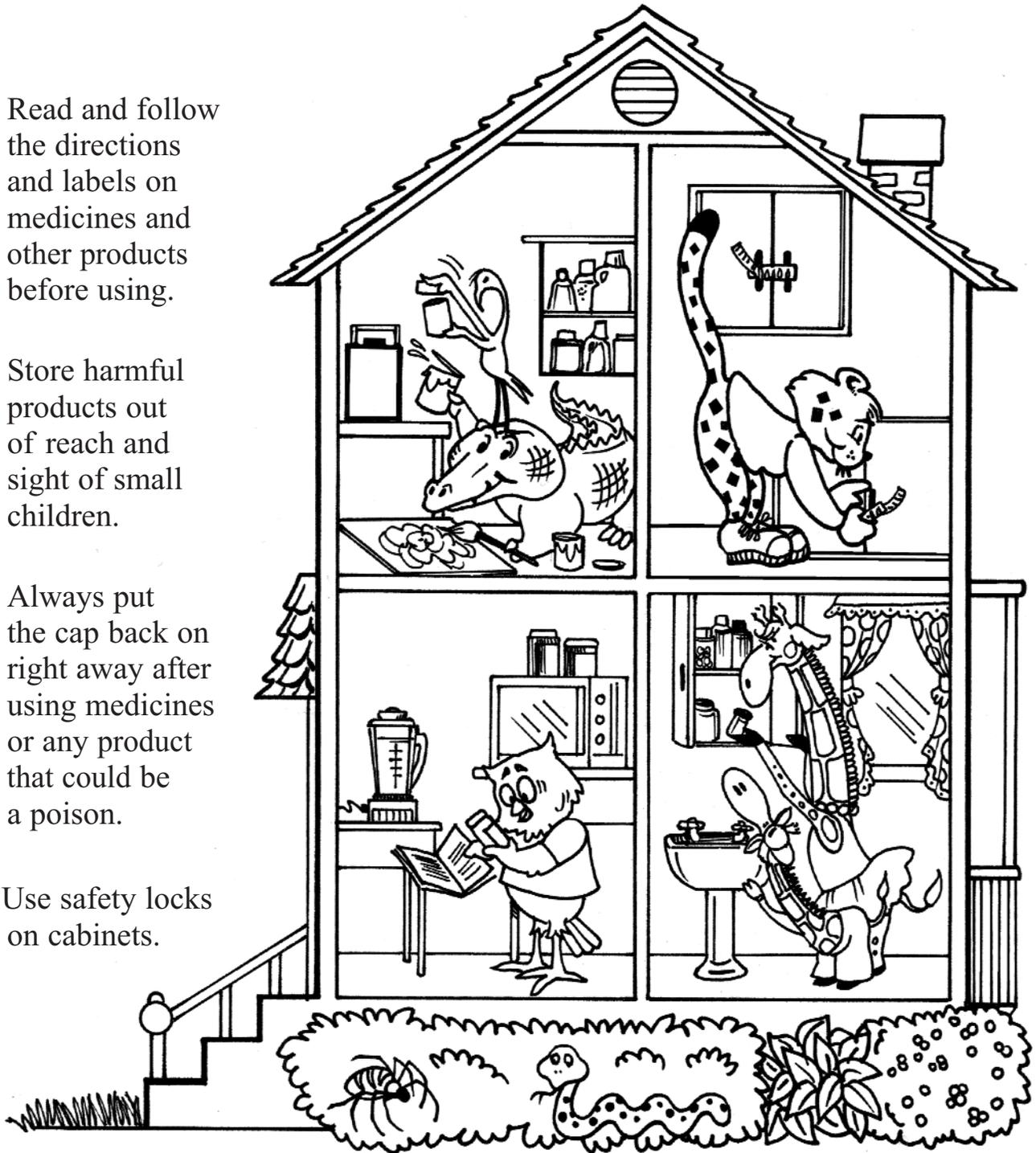
## GAS



# Home Safety

Poisons are found in almost every room of our homes. Grown-ups use many products to clean the house. These products are safe as long as they are used in the right way. They become poisons when they are used the wrong way and get into someone's body. That is why it is very important to make sure your home is safe from poisons.

1. Read and follow the directions and labels on medicines and other products before using.
2. Store harmful products out of reach and sight of small children.
3. Always put the cap back on right away after using medicines or any product that could be a poison.
4. Use safety locks on cabinets.



3 Match the safety tips to the correct picture in the house.

# Medicine Safety



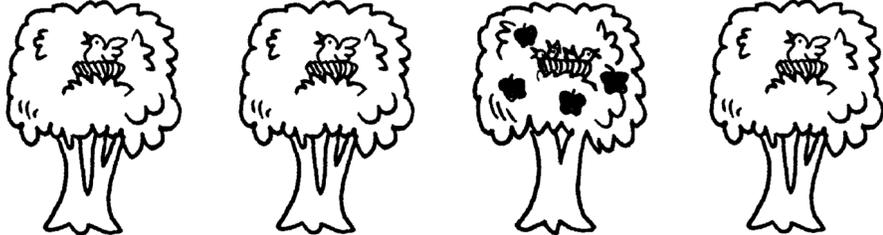
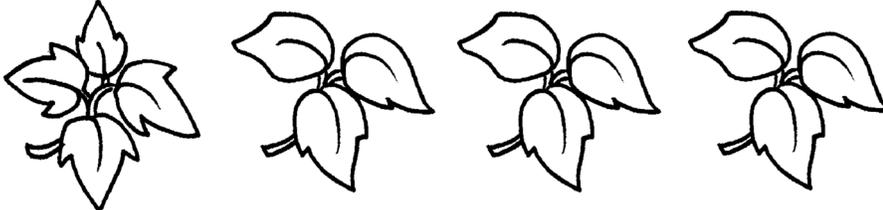
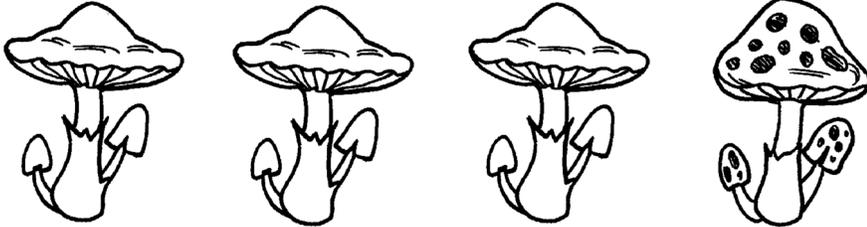
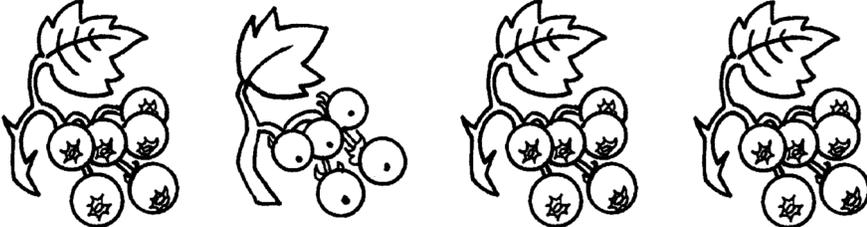
Find and circle the underlined words in the puzzle above. They can be across, down or diagonal. (Answers on Page 10)

1. Medicine is not candy.
2. Only take medicine from a trusted adult.
3. Tell an adult if you feel sick.
4. Always ask an adult before you touch, smell or taste anything.
5. Only take the number of vitamins a grown-up gives you.

# Plants

Plants, flowers and trees are all very pretty to look at, but some plants can make you sick or give you an itchy rash if you touch them or taste them. Always ask first before touching flowers, berries and mushrooms – never put them in your mouth.

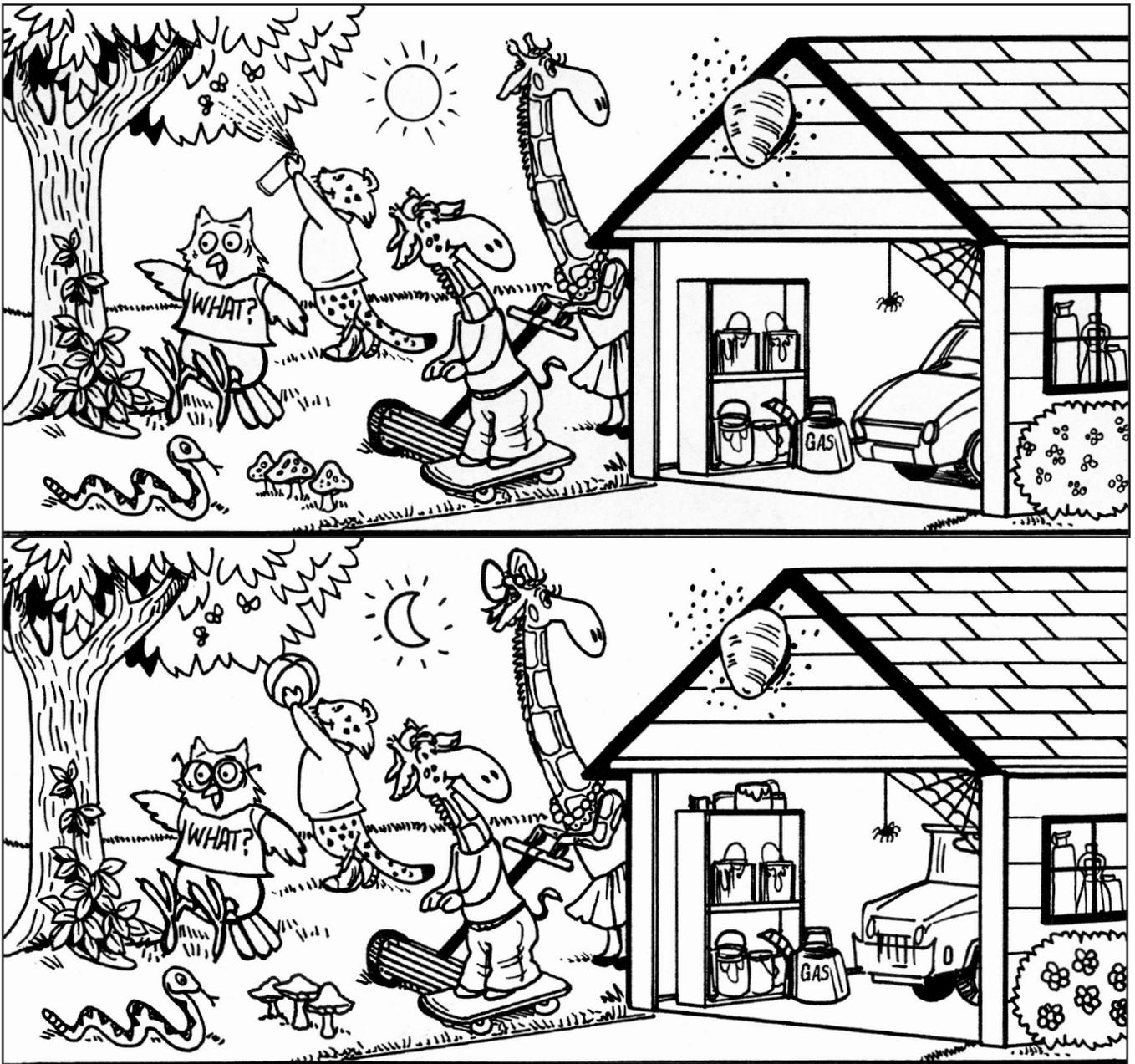
**Circle the one that is different.**

Tree	
Plant	
Mushroom	
Berries	

## Poisons Outdoors

There are many things stored in a garage or outside that you should never touch! Adults, all products should be kept in their original containers with their original labels. Kids, you should stay away from all of these products, including gas, oil, antifreeze, lighter fluid, paint and bug spray.

Can you find the 8 differences between the two pictures? For a second activity, go through and put an X on anything that could be poisonous. You can have your parents help you.



**ANSWERS:** 1) Moon instead of sun. 2) Beach ball instead of bug spray. 3) Mushrooms are different. 4) Flowers on bush instead of berries. 5) Different car in garage. 6) Added bow onto Polly's head. 7) Paint cans on top of shelf in garage. 8) Glasses on Owl. The poisonous objects found in the pictures are gas, mushrooms, snake, bees, spider, spray, paint, liquids in garage window, berries and Poison Ivy.

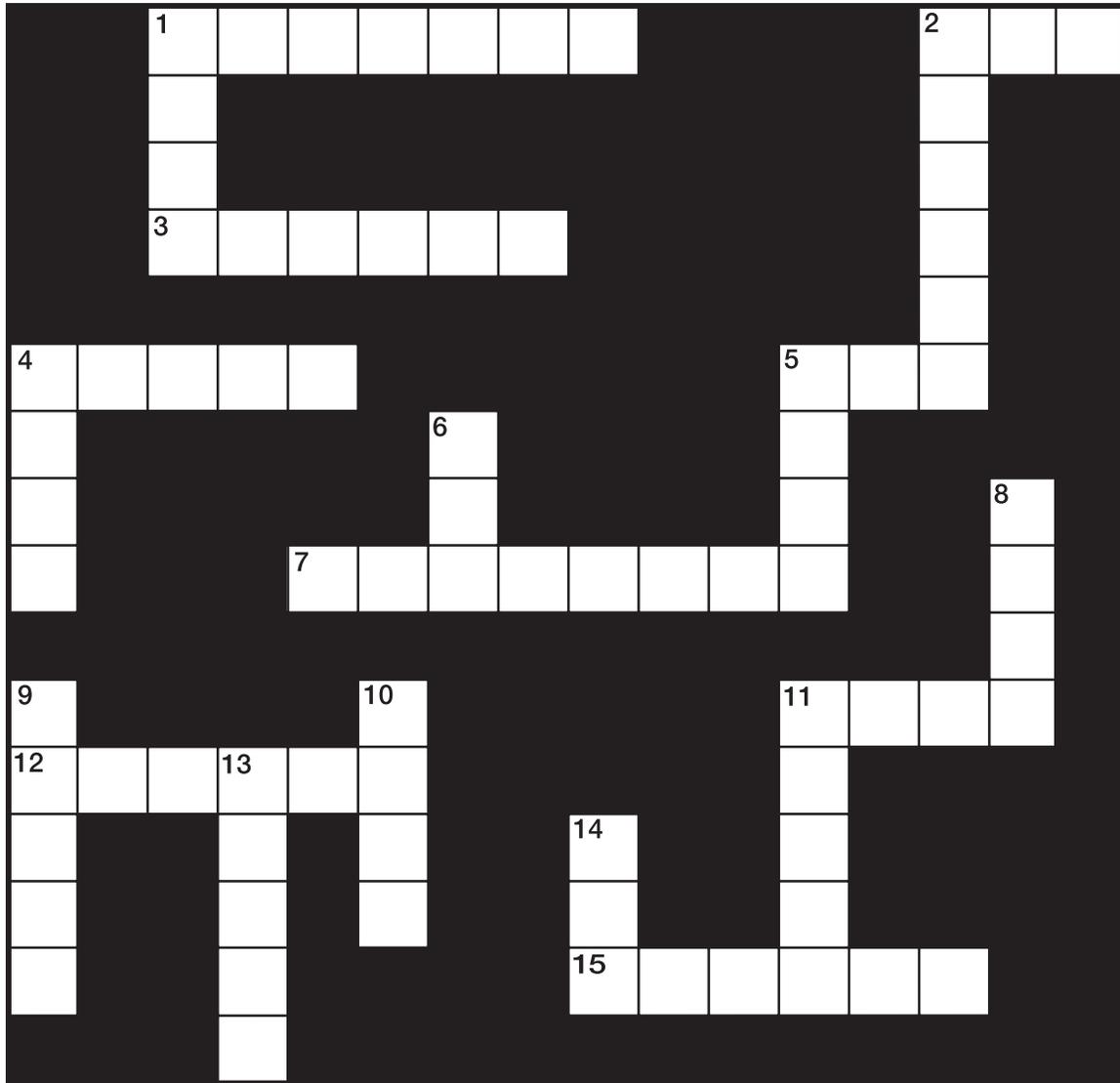
# Calling for Help

If you think someone has been poisoned, ask an adult for help right away. Call the Northern New England Poison Center at 1-800-222-1222. Got a doubt? Check it out.



Hi! I'm Checkers the Cheetah and I'm calling right away to check it out.

# Poison Crossword Puzzle



*(Answers on Page 10)*

## Across

1. Room where you cook.
2. First \_\_\_\_.
3. This insect has 8 legs.
4. Poisons come in 4 \_\_\_\_.
5. What a car needs to drive.
7. You take \_\_\_\_ if you are sick.
11. If someone is poisoned, ask an adult for \_\_\_\_.
12. A \_\_\_\_ is something that can harm your body.
15. Always read the \_\_\_\_ before using household products.

## Down

1. \_\_\_\_ open a lock.

2. \_\_\_\_ ask first.
4. \_\_\_\_ is what you eat.
5. Use \_\_\_\_ to stick things together.
6. Peanut butter \_\_\_\_ jelly.
8. Use \_\_\_\_ when washing your hands.
9. Hair \_\_\_\_ or bug \_\_\_\_.
10. You should \_\_\_\_ the Northern New England Poison Center's number **1-800-222-1222**.
11. Poisons can be found in all rooms of your \_\_\_\_.
13. A bee can \_\_\_\_ you.
14. Motor \_\_\_\_.

# Break the Code

Use the picture to figure out the safety rule.

The first letter is done for you.

*(Answer on Page 10)*

A	B	C	D	E	F	G	H	I	J	K	L	M
												

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
												

M    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

                \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

                \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

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\_\_\_\_\_  
Name

has successfully completed  
this activity book and can be certified  
as a

# Poison Prevention Pro

by the

## Northern New England Poison Center

\_\_\_\_\_  
Date

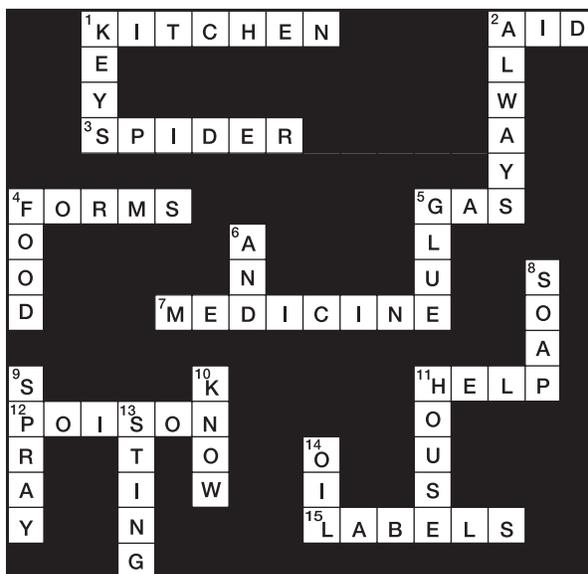
*Polly Giraffe*

Polly Giraffe

*Checkers Cheetah*

Checkers Cheetah

\_\_\_\_\_  
Parent, Guardian or Teacher



*Answers to Word Search on page 4 and Crossword Puzzle on page 8.*

*Answer to Break the Code:*

*“Make sure your home is safe from poisons.”*



## Protect Your Family From Poisons!

Poison prevention and education is a job for the entire family. Inside this activity book you'll find fun educational games, along with safety tips on how to be "poison smart." We encourage you to make this activity book an active learning process for the entire family. Below are several tips on poison prevention. The Northern New England Poison Center (NNEPC) encourages your family to take the necessary steps to help make your home safer from poisons.

There is one nationwide, toll-free poison center number, **1-800-222-1222**, that will automatically connect you with your designated local poison center, from anywhere in the U.S. All calls from Maine and Vermont will be routed to the NNEPC. If you suspect a poisoning, don't wait for symptoms to appear – call **1-800-222-1222** immediately.

### Did You Know?

Anyone in Maine or Vermont can call the NNEPC toll-free, 24 hours a day, for free, confidential advice on questions related to household products, food poisoning, bites, stings, medicine interactions, overdoses, alcohol or drug misuse, inhaling gases or fumes (intentionally or accidentally), exposure to insecticides, hazardous material incidents and more.

Poisoning is one of the leading causes of health emergencies for children in the United States. In fact, 53 percent of poisoning cases reported to poison centers involve children under the age of 6. Everyday items – such as household cleaners, pain medicines, and health and beauty products – are the most common sources of poisonings. Nearly four out of five poisoning cases can be safely treated over the phone with assistance from local poison control experts, avoiding a visit to the hospital emergency department or a doctor's office.

### How Safe Is Your Home?

Poisons are found all around us – in our homes, garages, backyards and purses. Most poisonings are accidental and can be prevented. Follow these poison prevention tips to make your home a safer place:

- Make sure all potential poisons are properly stored up high and out of the reach of small children.
- Use child-resistant safety locks on cabinets.
- Keep medicines and household products in their original containers with original labels.
- Always read labels before using medicine, cleaners and other products.

### Call for Poison Prevention Information

For more poison-prevention information, contact the NNEPC at **1-800-222-1222**, or send a self-addressed, business-sized envelope to: Northern New England Poison Center, Maine Medical Center, 22 Bramhall Street, Portland, ME 04102.



Booklet designed and Illustrated by Marlene K. Goodman