FACT SHEET
Laundry Pod Exposure Calls to Poison Centers

Calls to all US Poison Centers
2012 6,343
2013 8,915
2014 10,395

Calls to the Upstate New York Poison Center
2012 5
2013 216
2014 176 (to date)

Laundry pods can harm children
• Laundry Pods are brightly colored and therefore attractive to young children
• 74% of exposures occur to children age 3 and under
• 80% of these calls are ingestions
• Eye injuries also occur, due to plastic packaging, causing painful scratches in the eye
• Most often children bite into the pod. First they gag, often followed by an extended period of vomiting
• A child’s heart rate and breathing rate can decrease
• Child can appear lethargic

MAKE THE CALL
• If your child gets into a laundry pod or anything that might poison your child, call the Upstate New York Poison Center at 1-800-222-1222
• Registered nurses, trained in toxicology will ask a few questions to determine the best treatment options
• Simple as making a phone call
• Most calls to a poison center do not result in trip to an emergency facility as they can be managed at home
• However, if the best treatment option is to seek help in an emergency facility, the poison center will help direct the caller

TIPS
• Keep laundry pods out of the sight and reach of children
• Do not store a pod on a washing machine, dryer or counter or in an unattended laundry basket for even 1 minute
• If your child gets into a laundry pod, call the poison center