



POISON SAFETY GUIDELINES FOR BABY-SITTERS

Upstate New York Poison Center

1-800-222-1222

The Poison Center is ready to help 24/7. Call the Poison Center anytime for emergency and non-emergency poison-related questions.

DO:

- Always have the Poison Center Number available.
- Know how to reach the parents at all times.
- Be sure all poisons are locked up or out of the reach of children.

DON'T:

- Don't leave a child unattended even for a minute.
- Don't panic! If you have a poison emergency, help is a phone call away.
- Don't take medicine in front of children or refer to medicine as "candy".

WHAT IF A POISONING OCCURS?

1. Try to remain calm.
2. Take the child and the product to the telephone.
3. Call the Poison Center immediately at **1-800-222-1222**.
4. Follow the instructions given carefully.

Program the number for the Poison Center into your cell phone address book now!

For more poison prevention information visit our website at www.upstatepoison.org
or call the Public Health Educator at 315-464-5375