

Know the Poisoning Risk

Do you take vitamins or iron supplements? Many people do and never realize that these products can pose a serious risk for fatal poisonings if directions are not carefully followed.

- Iron poisoning is a leading cause of death in children due to poisoning.
- Many children's vitamins and adult multivitamins contain iron. Prenatal vitamins and iron supplements contain large amounts of iron.
- Most kinds of vitamins with iron resemble candy, and even a few pills taken accidentally could be fatal to a small child.



What You Can Do To Prevent Iron Poisoning

- Keep all vitamins and supplements well out of reach of children at all times, and supervise children if they take vitamins.
- Buy vitamins that do not contain additional iron, unless specifically directed to do so by your doctor.
- The FDA now requires unit packaging of individual tablets containing over 30 milligrams of iron. As a result, some manufacturers have changed the amount of iron per pill. Read iron supplement labels carefully.
- Call the UNY Poison Control Center if you have any questions or concerns.
- For poison emergencies or information call us 24 hours a day, 365 days a year. If you need a telephone sticker, call us!

Dialing 1.800.222.1222 will connect you to the Poison Control Center in your area. To contact the Upstate New York Poison Control Center business office, dial 1.315.464.7078.

Visit our website at www.upstatepoison.org

