

# TIPS FOR A SAFE SCHOOL YEAR

As the new school year approaches, the Upstate New York Poison Center highlights the importance of preventing poisonings, especially related to medications. Parents should proactively safeguard against medication-related incidents and educate children about the potential dangers of certain substances, emphasizing the importance of avoiding peer pressure to engage in risky behavior.

## School Medication Policies & Risks:

- Ask your child's school about the medication policy. Inform your child's teacher or nurse about any medication use, providing written details and educating them on potential side effects.
- Discuss medication policies, instructions, and risks with your child, especially emphasizing the dangers of misuse. Remind your child to never share their medication or take any medication that has not been prescribed to them.
- At home, keep the medication in its original container. Always keep medication out of sight and reach of younger children. Consider using a medication lock box.

## Poisonous Plants, Mushrooms & Berries:

- Familiarize your child with the plants, mushrooms, and berries in and around their school.
- Remind your children never to eat a plant, mushroom, or berry unless provided by a teacher, school nurse, or other trusted adult.

## Lunchbox Safety:

- Store perishable items in an insulated lunch bag with an ice pack to keep food at a safe temperature.
- Teach kids to wash their hands thoroughly before eating.
- When using hand sanitizer, always supervise young children while using it. A child swallowing any more than a taste of this product could be at risk for alcohol poisoning. Ingestion of as little as an ounce or two by a small child could be fatal.

## Storage of School Supplies:

- Keep art supplies, such as glue, markers, and paints, in a secure place.
- Instruct your child on proper usage.



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