



POISON CONTROL CENTER

1-800-222-1222

Physician

Hospital

Police

Parent

Neighbor

Address & phone number of where
you are babysitting

Phone number where parents can be
reached

Don't forget emergency
numbers!

This booklet was prepared and is distributed as a public service of Michigan Pharmacists Association and your pharmacist to stimulate public education on poison prevention and preparedness.



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**Babysitter's
Guide to Poison
Prevention**



Prevention

Children, especially under the age of five, are in an active learning stage. Kids want to touch and taste anything that is enticing. It is important to keep a constant eye on them. In the time it takes to answer the phone, a child can swallow something potentially harmful to them.

How Can I Tell?

You can tell if a child has swallowed something harmful if the child vomits, or is sluggish or drowsy. Some of the substance or burns may appear around the child's mouth. Even if you are unsure, call the poison control center immediately.

DON'T

Don't take chances by trying to treat poisonings on your own. Call the Poison Control Center for help.

Do not tell people that you are home alone or that the parents are out of the house. Instead say that they are unable to come to the phone.

If A Poisoning Occurs

1. Remain calm; the outcome of any accident will depend on how you react when you are in charge. Panic may result in disaster for the child and maybe death.
2. Look carefully at the child:
 - Check for breathing (shallow or rapid)
 - Is he or she conscious?
 - How long has it been since the accident (estimate)?
3. Locate the poison unless:
 - The child is not breathing—give artificial respiration immediately. If an older child is present, have him or her dial the operator, 911 or run to a neighbor for help.
 - The child is unconscious—check for breathing and for bleeding anywhere on the body.
4. Call the doctor or Poison Control Center and give the following information:
 - The poisoned child's age and approximate weight
 - Name and amount of poison—read the label: brand name, ingredients
 - Condition of the child: breathing, conscious, etc.
 - Any first aid measures you gave the child
5. Listen for instructions from the doctor or Poison Control Center and write them down.
6. Call an ambulance if needed—a parent can excuse an accident, but not death from not getting help.

When You are Babysitting

1. DO know these before the parents leave:
 - Name, address and phone number where you are babysitting
 - Where parents are going, when they expect to return, how they can be reached
 - Emergency phone numbers
 - If you need to medicate a child, and if any child medicates himself.
2. DO know where the children are at all times.
 - Supervise continuously while they are playing.
 - Check at least every hour when they are sleeping.
3. DO know how to give proper information to the police.
 - Give the parent's name and address.
 - Tell them that you are babysitting and explain the situation.
4. DO call parents if you have any problems.

