

Poison Prevention at Home:

Stay Safe While Staying Clean

Poison Control centers across the country report an increase in calls related to hand sanitizers, cleaning products, and disinfectants. Many are about children ages 5 and younger. Swallowing even tiny amounts of these products can poison children. Adult supervision is needed whenever they are used. Poisoning may cause confusion, vomiting, drowsiness, seizures, difficulty breathing, and even death. Find poison prevention and response tips below.

1 Be Prepared

Send a text with the word “poison” to 484848 to have Poison Control contact information sent to your smartphone. Put the toll-free number, 800-222-1222, near every phone in your home.

Visit www.poison.org for guidance on preventing poisoning and what to do if someone swallows or splashes something that might be harmful.



2 Read the Label

Follow directions about mixing and ventilation for all cleaners and disinfectants. The Food and Drug Administration (FDA) has found some hand sanitizers are not safe. Make sure your hand sanitizer does not contain methanol, also known as methyl alcohol or wood alcohol. Check the [FDA updates on hand sanitizers consumers should not use](#) to find out if yours is safe.



3 Keep Out of Reach

Keep hand sanitizers, laundry detergent packets, and cleaning products in their original containers and on high shelves or in child-proof cabinets. Keep small bottles in purses, diaper bags, backpacks, and cars away from children.



Related Resources

- [U.S. Centers for Disease Control and Prevention: Poisoning Prevention](#)
- [American Association of Poison Control Centers](#)

In Case of Emergency

Contact Poison Control by phone or use the online tool if you think a child has been poisoned but they are awake and alert. These services are available 24/7.

- 800-222-1222 (toll-free)
- www.poison.org

Call 911 if a child has collapsed or is not breathing.



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