



# In the Know

## HANDS Resources to Support the Childproofing Checklist

### Protecting Your Child from Harmful Substances

#### What substances/items should your child not be exposed to due to their potential for harm?

Cosmetics/Personal care products	Alcoholic beverages	Medication
Cleaning products, including detergent packs/pods	Pesticides	Lead
Liquid nicotine used to refill e-cigarettes	Cigarettes/Cigarette smoke	Plants/Mushrooms
Other chemicals (e.g., antifreeze, gasoline, paint thinner)		

#### What are some things you can do to protect your child from harmful substances?

- Lock up potentially harmful substances and store them out of reach. If these items must be stored under a sink, invest in a child safety lock that fastens automatically when you close the cabinet door.
- Keep all toxic products in their original container. Children can become confused if a potentially dangerous chemical is put into a common container such as a soda bottle.
- Dispose of any products not needed or expired.
- Consider removing poisonous plants from the home or moving them well out of reach.
- Protect your child from second and thirdhand smoke by not allowing anyone to smoke inside your home, car, or other enclosed space. Doing so will decrease the child's risk of respiratory infections, asthma, ear infections, and Sudden Unexplained Infant Death Syndrome.
- If you live in a home built before 1978, have your home tested for lead. Also, be aware that other sources of lead may include some ceramics, toys, toy jewelry, traditional home remedies, lead-contaminated soil, lead water pipes and lead solder used in plumbing. Lead poisoning can affect the developing brain.
- Medication safety:
  - Remember that medications with safety caps are child resistant, not childproof, and therefore, need to be stored in a locked cabinet.
  - Give your child the correct dose, measured in an accurate measuring spoon, medicine spoon, or syringe. Kitchen teaspoons and tablespoons are not accurate.
  - Read the label on all medications before administering. It is important to administer over-the-counter medications based on weight, not the age of the child. This will ensure your child receives the correct dose.
  - Never give expired medications.
  - Adults should try to take medications when they are out of the child's sight. Children like to copy what they see adults doing.
  - Always call medicine by its correct name. Never refer to it as candy.
  - NEVER administer syrup of ipecac if you suspect that your child has ingested a poison.
  - Save the Poison Control Center number in your phone (1-800-222-1222) and post prominently in your home.

#### References:

AAPCC. *In the Home*. Retrieved from [www.aapcc.org](http://www.aapcc.org)

Healthy Children. (2015). *Medication Safety Tips*. Retrieved from [www.healthychildren.org](http://www.healthychildren.org)

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