



988170 Nebraska Medical Center, Omaha, NE 68198-8170 • www.NebraskaPoison.com

National Poison Prevention Week (NPPW) is observed each year during the third full week of March. This year it is March 15th-21st. This week is dedicated to raising awareness and educating the public about the dangers of poisoning and how to prevent it. The Nebraska Poison Center (NPC) joins the nation's 52 other poison centers in promoting poison safety and prevention.

Poison centers want you to remember: **When Poison Happens, Poison Help is Here for You.**

A poison is anything that can cause harm if used in the wrong way, by the wrong person, or in the wrong amount. Simply put, *the dose makes the poison*.

Poison Prevention Tips

Secure your home and garage.

Items such as laundry detergent packets, cleaning supplies, plants, pesticides, gasoline, and medications can pose serious risks to children and pets if left unsecured. Keep these items locked up, stored out of sight, and in their original containers.

Be careful how you refer to medicine.

Calling medicine “candy” can confuse children and increase the risk of accidental ingestion—especially with gummy vitamins and flavored medications. Always store medications and vitamins up and away after each use. Use cabinet locks or lock boxes when possible and read labels carefully before administering any medication.

Never mix household chemicals.

Combining cleaning products, such as bleach and other cleaners, can create toxic gases that may be deadly. Always read and follow label instructions.

Store nicotine, cannabis, and alcohol safely.

Liquid nicotine, cigarettes, cannabis products, and alcohol should always be kept out of reach and locked away. Many of these products come in packaging that resembles candy or beverages, which can attract children.

Add the Nebraska Poison Center's toll-free number — **1-800-222-1222** — to your phone today. Help is free, confidential, and available 24/7.

Visit www.nebraskapoisson.com to order free poison prevention materials. Explore educational resources, including activity sheets, primary-age videos, poison-proofing tips, and materials designed for teens and adults. Be sure to watch Pinky the Poison-Proof Elephant as he teaches children about poison dangers in everyday settings. Pinky coloring books are also available as a fun and engaging way to educate young children about poison prevention.

Because poisons are all around us and can affect anyone, anywhere, at any stage of life, our goal is to help protect our communities through safe poison prevention practices. And remember — when the unexpected happens, we're here for you.

Nebraska Poison Center is a free, fast, and confidential service available 24/7/365. When you call 1-800-222-1222, you will immediately speak to a Registered Nurse, Pharmacist, or Nurse Practitioner.