

## First aid



If you think your child has swallowed something harmful

- ✓ **If the child is unconscious or there is burning to the mouth, dial 999 to call for an ambulance**
- ✓ **DO check** if medicine, tablets or chemicals have truly been swallowed (check the floor for tablets or spills)
- ✓ **DO find** the bottle, packet or a sample tablet - take it with you to get advice
- ✓ **DO get advice** from your pharmacist, GP, NHS 111 or local A&E department
- ✗ **DON'T try** to make the child sick - if vomit enters the lungs it may cause damage
- ✗ **DON'T give** the child anything to drink - only wet the lips with cold water if they are burning

## About Us

This leaflet has been developed and is supported by Nottingham City and Nottinghamshire County Strategic Avoidable Injuries Group.



## Information and further help

For information on how to prevent poisonings contact:

- Child Accident Prevention Trust (CAPT) [www.capt.org.uk](http://www.capt.org.uk)
- The Royal Society for the Prevention of Accidents (RoSPA) [www.rospa.com](http://www.rospa.com)

You can download a home safety checklist from:

<http://www.rospa.com/rospaweb/docs/a-dvice-services/home-safety/uk/home-checklist.pdf>

NHS Choices has advice on how to childproof your home at:

<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/safety-under-fives.aspx#close>

Health visitors or children's centres may be able to do a home safety check for you. Ask if there is a scheme in your area that provides and fits free or low-cost safety equipment.

For information on first aid for babies and children and on first aid courses contact:

- British Red Cross [www.redcross.org.uk](http://www.redcross.org.uk)
- St John Ambulance [www.sja.org.uk](http://www.sja.org.uk)

# KEEPING YOUR CHILD SAFE FROM POISONING



An information  
leaflet for  
parents and  
carers

## Poisonings



Poisonings are one of the most common reasons for children to attend A&E. A study at Nottingham's Queens Medical Centre in 2014 found:

- About 400 under 5s went to A&E with suspected poisoning.
- 10% of these poisonings happened when visiting other people's houses
- 1 and 2 year olds were most likely to be affected
- Poisonings are often caused by medicines and liquitabs. Poisonings from e-cigarette fluid, reed diffusers and plug-in air fresheners are increasing.

## Why are children at risk of poisonings?

- Children develop quickly, and may surprise you by doing things you don't expect! As they get more mobile, they might reach poisonous substances. Stay one step ahead and plan how to keep them safe as they grow.
- Teach your child safety rules, and go over these from time to time.
- Take care - older children may not realise they are giving siblings something harmful.

## Things you can do to prevent poisonings



### Medicines:

- Put all medicines away straight after using them. Child resistant caps reduce a child's ability to open the bottle but they are not child proof.
- Keep medicines out of reach and out of sight, in a high cupboard or a cupboard with a child resistant lock or catch.
- Don't keep medicines on bedside tables or in handbags. Be careful when visiting friends and relatives who might do this.
- Keep all medicines in their original container, then the contents are clear
- Take your medicines when your child is out of sight, then they won't try to copy you. Never pretend they are sweets.



### Household products:

- Keep cleaning products and chemicals in cupboards with child resistant locks or catches. Don't store them on the floor.
- Buy products with child resistant caps, but remember they are not childproof
- Look for products that contain a bittering agent such as Bitrex. This makes the liquid taste horrible.

- Keep nicotine products (e-cigarettes, refills, gum, patches & tablets) out of sight and out of reach. Nicotine can be dangerous to children if it touches the skin, or is inhaled or swallowed.
- Alcohol, perfume, aromatherapy oils and mouthwash can be poisonous. Keep them out of sight and out of reach.
- Small batteries (button or coin batteries) can cause serious internal damage. Keep out of sight and reach.



### Chemicals Stored Outside:

- Keep all chemicals such as weed-killer, paint, white spirit and anti-freeze in their original containers and store them high up - out of reach and out of sight.
- Fit a lock to any shed or garage where chemicals are kept



### In the Garden:

- Some plants are poisonous. Teach your child never to eat plants, flowers berries or mushrooms from the garden. For more information see [www.rhs.org.uk](http://www.rhs.org.uk)

### Carbon Monoxide Gas (CO)

- Is a poisonous gas. It is invisible and has no smell or taste. If you have any fires, boilers, or log burners - fit CO alarms and have appliances serviced regularly.