



Tips for Babysitting Safely

Most poisonings happen in the home and to children under the age of 6. As a babysitter, the most important part of your job is to keep the children in your care safe. The information below can be used to keep the children safe from poisons.

What is a poison?

A poison is any medicine or product that hurts you if used in the wrong amount, by the wrong person or in the wrong way. Poisons can get into and on your body through your eyes, skin, mouth, nose and lungs.

Where can poisons be found?

Poisons are everywhere! They can be in every room of the house - basements, garages, kitchens, bedrooms, bathrooms, yards, purses and even diaper bags. Don't forget about your backpack either. The most important thing is to keep it locked up and out of reach.

What are some common household poisons?

Medicines & Vitamins	Cleaning products	Cosmetics
Perfume & Aftershave	Mouthwash	Glue
Paint	Alcohol	Gardening products
Cigarettes	Plants	Batteries
Toothpaste	Mothballs	Nail Polish and Remover
Bleach	Gasoline	Motor Oil

These are a few examples of poisons. More poisons exist and we could not possibly list them all. Remember - good products used in the wrong way can be poisons!

How can I keep the children in my care safe from poison?

- Keep the children with you at all times. Children act fast and so do poisons!
- Never let the children get overly hungry or thirsty. If they are looking for snacks or something to drink, they may choose the wrong thing.
- Put all poisons out of reach of children.
- Make sure to keep products in their original containers.
- Never refer to medicine as “candy” to get a child to take it.
- Make sure you have the Babysitter Worksheet filled out by the family so you know how to contact them in an emergency.
- Keep the poison center number (1-800-222-1222) with you at all times and carry it to every babysitting job in case of an emergency.

What should you do if you think that someone has been poisoned?

1. Stay calm and call the poison center right away. Don't wait to see what happens. Call even if you are not sure if someone has been poisoned.
2. Make sure to take the child and the product with you to the phone.
3. The poison center specialist will ask you some questions when you call. These questions will help them assess your situation and give you the correct treatment advice. They will ask you:
 - a. Your name and phone number in case they need to call you back.
 - b. The name, age and weight of the child.
 - c. The name of the product or poison and how much was taken. They may ask you to read the active ingredients from the label.
 - d. How long ago the incident happened.
 - e. What symptoms the child is having. Examples of symptoms: Is the child crying, coughing, drooling, vomiting, having pain or experiencing diarrhea?

NOTE: Call 911 if the child is unconscious, having seizures or not breathing.

Connecticut Poison Control Center

