



Poisons

Do you remember what happened when Snow White ate the poisoned apple? Poisons are not just dangerous in fairytales. There are many poisonous things around your home that can make you very sick if you touch them, put them in your mouth, swallow them, or even breathe them in.

Symptoms of poisoning may include:

- Feeling sick or being sick
- Feeling sleepy
- Shaking uncontrollably
- Having diarrhoea
- Stomach pain

You might not realise that certain things are poisonous, so it's important to know the types of things that can be harmful.

Possible danger	How to prevent it
Toiletries and make-up (e.g. shampoo, perfume, nail polish)	Only use these for what they are meant for, and keep them away from your mouth.
Medicine (e.g. tablets, cough medicine, antiseptic cream)	Only take your own medicine and make sure an adult is with you. Remember that younger children might copy you, so take your medicine when they aren't watching. Never take other people's medicine.
Alcohol and tobacco (e.g. beer, wine, cigarettes)	These are really poisonous for children.
Things in the shed (e.g. fertiliser, rat poison, weedkiller, glue, paint)	Find safer places to play and don't touch these things.
Certain plants, mushrooms or berries (e.g. holly or ivy berries)	Check with your mum or dad before eating anything growing in the wild.
Certain foods (that are dirty, not fresh, or not cooked properly)	Make sure food is clean, fresh, stored properly and cooked well. Leftover food shouldn't be reheated too many times. Make sure you wash plates, cutlery and your hands properly, to get rid of germs and bacteria that can make you sick. Don't refreeze food that has been thawed.
Cleaning products (e.g. bleach, sprays, washing powder, drain cleaner)	Check with an adult before touching any of these and keep them away from your face.