



St. John Ambulance

# Common Household POISONS

The Ontario Poison Centre identifies these five everyday household substances as common poisons

Poison Risk	Protective Measure
	<b>Medications</b> Antidepressants, pain relievers, and even vitamins can cause adverse effects if you ingest enough.  Use childproof containers and store medications out of reach of kids. Stick to the recommended dosage either on the bottle or from your physician. Ensure your Pharmacist is aware of all the medications you take.
	<b>Household Cleaners</b> Children can mistake brightly-coloured cleaners and convenient dishwasher pods as candy.  Keep cleaners in locked cabinets, and teach your kids to only eat things if you have deemed them safe.
	<b>Alcohol</b> Overconsumption can lead to health complications like kidney failure, coma and death.  Know your limits, and store them safely out of reach so that children cannot accidentally consume them.
	<b>Personal Care Products</b> Sunscreen, nail polish, mouthwash and even toothpaste are not made for ingestion.  Use as intended and follow directions to avoid complications.
	<b>Plants</b> Ingesting daffodils, lilies and other household plants can trigger stomach and respiratory issues.  Avoid these plants if you have pets, and teach children to only eat the greens on their plates. For added comfort, keep them high off the ground where kids cannot reach them.

If you suspect poisoning, call the Ontario Poison Centre at 1-800-268-9017.  
For more information about poison control, read our monthly newsletter at [sja.ca](http://sja.ca)