

## Poison Prevention During the COVID-19 Pandemic

Sheltering-in-place and increased use of disinfectants has put people at a greater risk of poison exposure during this pandemic. Beware of hoaxes, scams, supplements, and medications

that claim to “boost your immune system” or “protect” you from this novel virus. Although research is ongoing, there is currently no “miracle cure” or proven home treatment for COVID-19.

### STRATEGIES TO Poison Proof Your Home

- Store medications and hand sanitizers out of sight and reach from children
- Lock away cleaning products when not in use and keep in original containers
- Keep bags containing medications and cleaners off the floor and out of reach from children



### HOW TO Prevent Accidental Poisonings



Do not ingest cleaning products



Consult with your doctor before taking any new medications and supplements



Thoroughly wash hands with soap and water before and after food handling



Only wash and scrub fruits and vegetables under running water before cooking and eating



Monitor children when using hand sanitizers—only use a dime-sized amount on the skin



Never mix cleaning products—only use as directed

### CALL CALIFORNIA POISON CONTROL SYSTEM 1-800-222-1222

- If there has been a poisoning
- If you are not sure if something is poisonous
- To ask any poison-related questions

Trained pharmacists, nurses, and providers are available to help 24 hours a day, seven days a week. Services are free and interpreters are available in over 200 languages.



### CALL 9-1-1

if the following life-threatening symptoms occur:

- Confusion
- Difficulty breathing
- Weakness or shaking