Anytime: Free, fast, and convenient help is available 24/7, including all holidays.

Anywhere: Calls come from locations such as homes, schools, workplaces, and health care facilities.

Anyone: Expert staff members can help with exposures in infants, children, teens, adults, and seniors.

Prevention Checklist

☐ Medicines, cleaners, pesticides, alcohol, and household products are locked up out of the sight and reach of children and pets.

☐ Products are kept in their original containers.

☐ Cleaning products are never mixed together.

☐ Each person has a list of all their medications, including over the counter products and herbal supplements, to show their doctor and pharmacist. This will help prevent unwanted drug interactions.

☐ Each person has a plan for keeping their medicines organized and on schedule.

☐ Expired or unwanted medicines have been safely discarded.

☐ When taking or giving medicine, turn on the lights, put on your glasses if necessary, and check the 4 RIGHTS:
   1. Is this the RIGHT product?
   2. Is it for the RIGHT person?
   3. Is this the RIGHT dose?
   4. Is it the RIGHT time?

☐ Carbon monoxide alarms are installed and in good working order.

☐ The Minnesota Poison Control System’s number is visible near every phone and programmed into all cell phones: 1-800-222-1222. Call right away—day or night— if anyone:
   • Makes a mistake with medicines.
   • Swallows something they should not have swallowed.
   • Gets something harmful in their eyes or on their skin.
   • Breaths a harmful gas or fume.

☐ Call 9-1-1 first if someone has difficulty breathing, seizure, or is unconscious.