



# TIPS FOR BABYSITTERS



Most poisonings happen at home to young children ages five and under. As a babysitter, the most important part of your job is to **keep the children in your care safe**. Here are some tips to help you do your job.

## Remember - children act very quickly!

### What is poison?

Poison is something that can harm a person or an animal if:

-  it's used the wrong way (for example, two household cleaners mixed together)
-  it's used by the wrong person (for example, someone taking their friend's medicine)
-  it's used by the wrong person (for example, someone taking their friend's medicine)
-  too much or too little is used (for example not using a measuring spoon for medicine)

Poison can get into your body by touching, tasting, drinking, breathing or smelling.

### What does poison look like?

Poison can be a:

-  **liquid:** like bleach and cough medicine
-  **solid:** like pills and plants
-  **spray:** like oven cleaner and bug spray
-  **gas:** like carbon monoxide that comes out of car exhausts and charcoal grills

Poison can be tricky. It doesn't always look, taste, or smell bad. Sometimes it comes in pretty colors like blue mouthwash. It can smell good like lemon furniture polish. It can look like something good to eat or drink to young children or adults who can't read labels.

1.800.222.1222



## Where can poison be found?

Poison can be found in any room of a home, in basements, garages, yards, purses and bags and also outside. Poison can be found just about anywhere. It's important to keep anything that could be poison locked away from young children.

## What are some of the poisons that can be found in homes?

Here is a list of some things to watch out for:

**Medicines**

**Laundry Products**

**Paint**

**Mouthwash**

**Baby oil**

**Vitamins**

**Batteries**

**Plants (inside and out)**

**Cleanig products**

**Perfume**

**Glue**

**Makeup**

**Cigarettes**

**Bug and Weed Killer**

## How can I keep the children I'm babysitting safe?

- Keep the children where you can see them all the time. If you need to answer the door or the phone, take the children with you. Never leave young children alone, not even for a minute. It only takes seconds for a child to get into something that could hurt them.
- Make sure there are no medicines or cleaning products where children can reach them.
- Don't leave anything that could hurt a child in your purse or book bag.
- If you're asked to give medicine to a child, read all the directions first and lock the medicine away in a safe place as soon as you've given it.  
Don't let children take medicine by themselves and never leave them alone with medicine.
- Remember - safety catches on cabinets and child resistant caps on bottles are helpful but they are not child-proof. Watching the children at all times is the best way to keep them safe.
- Children climb, so putting things up high won't keep them out of reach. A lock and key is the only sure way to keep poisons away from children.

## What information do I need?

Ask the parents of the children you baby-sit to write down:

- Each child's age and weight
- Any allergies or medical problems
- Their doctor's name and telephone number
- How you can reach the parents in case of an emergency

## What should I do if I think the child I'm babysitting has been poisoned?

If the child won't wake up, is having seizures, or is having trouble breathing, call 911 first, then call the poison center.

- Stay calm - you need to think clearly to help.
- Don't wait to see if the child gets sick. Even if you just think that he or she has been poisoned, call the poison center right away.
- Carry the Indiana Poison Center number with you to all your babysitting jobs and keep it where you can easily find it in an emergency.

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