Poison Prevention for Preschool Children



Lesson Plans and Activity Ideas

Provided by: Indiana Poison Center IU Health - Methodist Hospital Emergency Medicine & Trauma Center 1701 N. Senate Boulevard Indianapolis IN 46202



1-800-222-1222

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Dear Teacher;

A child is poisoned every 30 seconds in the United States. More than 2.2 million exposures were reported nationally to all U.S Poison Centers last year, most of them occurring in young children aged five and under. These numbers are cause for concern due to the simple fact that most poisonings are unintentional and they *can* be prevented.

The Indiana Poison Center has developed this curriculum to help you create lessons that promote poison prevention and awareness in your classroom and in your students' homes.

This educational guide has been created to:

• Increase awareness of the existence, purpose and phone number of the Indiana Poison Center among families with young children.

• Increase knowledge of which products can be poisonous.

• Increase knowledge of poison prevention measures that can be taken to reduce the risk of unintentional poisonings.

Children can be taught to be more aware of poisons and to always check with an adult before eating, touching, drinking or smelling an unknown substance. At the same time, it is ultimately the responsibility of adults to keep children safe from potential poisoning. For this reason, it is important for children to take the poison prevention message home. *Education materials for adults are included in this packet and we encourage you to share this information with parents.*

We hope that this resource packet will be helpful to you in planning poison prevention activities for the children in your classroom. After completing your poison prevention activities, please take a few minutes to complete and return the questionnaire at the end of the packet to help us improve our services. Your input is greatly appreciated and needed.

Sincerely,

Deirdre M. George Davis, MPH Coordinator, Poison Prevention Indiana Poison Center

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What is Poison?

Millions of people are unintentionally poisoned every year. A poison is any substance that will cause harm to a person or animal if it is used the wrong way, by the wrong person or too much is taken into the body. Poison is something that can cause sickness or even death if swallowed, breathed in, spilled on the skin, or splashed in the eyes.

It is important to know that poison can come in four different forms:

- Solids-- includes powders, granules, plants, berries, mushrooms, and medicines
- Liquids--all colors and thickness (watery, syrupy, pasty) and in many types of containers.
- Sprays-- aerosol cans such as hair spray, furniture polish
- Invisible Gases-- such as fumes from a car's muffler or an incorrectly vented furnace.

Poisons can enter the body through different routes and several routes at once. These routes include:

- Swallowing (ingestion) -- through the mouth; oral
- Breathing in (inhalation) -- through the nose
- On the skin -- (dermal)
- In the eye (ocular)

Almost any substance can become a poison when used incorrectly or in excessive amounts. As a teacher, you know children are naturally curious. Young children, by nature, put almost everything they see and touch in their mouth, even if it doesn't smell or taste good.

Look-Alike Products

Poisons are tricky. They can look like things that are good to eat or drink. For many of these lessons, it will be valuable for you to use a sample of "look-alike" products. Actual products, or pictures of products, can be used. **Keep all poisons locked up when not in use.** Never leave poisons out **unsupervised!**

Creating a Look-A-Like Display

Description: A look-a-like display shows a variety of potentially poisonous items that look almost identical to non-poisonous items. The purpose of a look-a-like display is to show parents and children how easily a poison can be mistaken for something that is good to eat or drink.

Materials:

Look-a-like examples:

Sparkling laxative and ginger ale (bottle) /sparkling laxative (cherry flavor) and red soda pop -- these laxatives look and smell very much like soda to a young child. They can cause diarrhea, dehydration and electrolyte imbalances if ingested in large amounts.

Cleanser and grated cheese -- these products and their containers are both very easy to confuse. You can prevent this confusion by never storing food products and cleaning products in the same cupboard.

Mouse bait pellets in a box and candy in the same type of box -- these products are not so much looka-likes as sound-a-likes. To a young child the brightly colored boxes are both attractive and when shaken they sound identical.

Chocolate laxative and chocolate candy -- many medicines look and taste like candy, but they are not candy. Never call medicine candy to encourage a child to take it. All medicines (and vitamins) should be stored out of reach of children.

Beer and soda pop -- there are many beers and alcoholic beverages on the market that resemble sodas and fruit juices. Be aware of these similarities so that you don't store look-alike beer and soda side by side in the refrigerator. Even small amounts of alcohol can cause problems in small children.

Lamp oil and cranberry juice -- this is a good example of two liquids that are almost identical in color and consistency. Lamp oil contains a petroleum distillate, which can cause severe respiratory distress when ingested.

Mothballs and mini-marshmallows -- placing a few mothballs on a table next to a few mini marshmallows, you will see how similar they look. The strong scent of the mothballs cannot be relied upon to be a deterrent.

Pine cleaner and apple juice -- if you hold these two containers side by side you'll see that the liquids are almost identical in color and consistency. Drinking a pine cleaner could be deadly.

Red decongestant or cold preparation and red hot cake decorations – If you place a few of each in a sandwich bag and ask a child if it's candy, they will most likely say "yes". These two products are very similar. Many adults cannot tell the difference. It's important to store products in their original containers. Don't carry medicine in your purse or pocket in a plastic bag.

Dishwashing liquid and lemon juice (both with lemons on the label) -- some adults, as well as children cannot read. They use pictures as a guide to what is in a container. Be aware of products like these.

Windshield washer fluid & blue punch/Kool Aid® -- These two products are not only similar in color, but are also both sweet tasting. Windshield washer fluid is one of the most toxic substances to ingest. As a safeguard, all garage items should be stored on a high shelf and never in old food containers.

These are only a few suggestions. To find additional pairs, go to your local store and look in the aisles. You'll be amazed at the large number of look-a-likes to be found.

*Please note: These items have been chosen for illustrative purposes only. The Indiana Poison Center does not mean to imply that these products are dangerous when used as directed.

Preparation: Gather pairs of potentially poisonous and non-poisonous items and display them in a display case. Cases can be made from wood or it's possible to use traveling salesmen's sample cases. Items can also be stored and carried in plastic totes but should always be supervised by an adult and locked away when not in use.

Lesson Plans

Information for Parents

With all lessons and with all age groups, it is important for children to take the poison prevention message home. Children can be taught to be more aware of poisons and to always check with an adult before eating, touching, drinking or smelling an unknown substance. At the same time, *it is ultimately the responsibility of adults to keep children safe from potential poisoning*. This can only happen if parents and caregivers also take the time to learn about poisons and poison safety.

Please send home the letter from the Indiana Poison Center (page 15) explaining what your students have learned about poison prevention in your classroom. Include the checklist letter (page 16) that can be returned to you. This letter encourages families to inspect their homes for possible poisons and to take action to make their homes safe. Call the Indiana Poison Center for magnets and phone stickers to distribute to parents.

Lesson Plan 1

What is Poison? When you don't know-ask someone first!

Objectives:

- To define a poison as something that can make you sick and hurt you.
- To familiarize children with some common household poisons in order to prevent poisonings.
- To describe a poison as something that should not be played with, tasted, smelled, or touched without asking a parent or caregiver first.

Discussion:

- **Q.** What is poison?
- **A.** A poison is something that can make you sick if you taste it, smell it, or get it on your skin or in your eyes. We should never play with, touch, smell or taste poisons.

Grown-ups sometimes use poisons to do things around the house, like cleaning and washing clothes. Poisons can be things used to kill bugs, keep our cars running and keep our yards looking nice. Even things we use to make us look and smell nice can be poisons. Perfume, nail polish remover, and mouthwash can all be poisons. Even medicine and vitamins can hurt us, if we use them the wrong way. Poisons are safe as long as they are used the *right* way.

- *Q.* Who can tell me the names of some things that might be poisons?
- *Q.* Who can tell me where you might find a poison in or outside of your home?

Poisons can be found in almost every room in your home. They can be found in your kitchen, bathroom, bedroom, living room, basement, attic, garage, and closet. They can also be found in your backyard, in the park, or on the playground.

Activity 1 for Lesson Plan 1 - "Find the Poison"

Description: Children will search the room for poisons.

Materials needed:

- Grocery Bags (one for each child)
- Pictures of potential poisons cut out of old magazines (highly recommended for younger age groups) or clean, empty product containers (enough for each child)

Examples:

Medicine	Bleach	
Floor cleaner	Furniture Polish	
Bathroom cleaner	Ammonia	
Dishwashing liquid	Window, glass cleaner	
Mouthwash	Perfume/cologne	
Scouring powder/granular cleaner		

Preparation:

- "Hide" the empty poison containers/pictures around the room.
- Break the children up into pairs.
- Provide the children with grocery bags.

Directions:

Instruct two or three pairs at a time to see if they can find the hidden poisons. Each pair should find two poisons and then bring them back to their seats. After all the children have found their poisons, ask each child to describe the poison they found. Ask them what the poison is used for and where it might be found in their homes.

Activity 2 for Lesson Plan 1

Materials:

2 large brown paper bags Pictures of poisons cut out of magazines or draw your own poison pictures Pictures of good food to eat A large red unhappy face – "Not Safe" (see page 6) A large yellow happy face – "Safe" (see page 7)

Preparation:

- 1. Color the faces and attach the "Safe" happy face to one of the large paper bags. Attach the "Not Safe" unhappy face to the other.
- 2. Cut out pictures from a magazine or make your own pictures of poisons

Instruction:

Hold each picture up and ask the children to say if it is a poison or not. This can be tricky and may need to be explained. For example, toothpaste is okay to brush your teeth with, but it should never be swallowed.

Have the children take turns putting the poisons in the "Not Safe" bag and the objects that are safe to eat or drink in the "Safe" bag.





Lesson Plan 2 – What does poison look and smell like?

Objectives:

The children well be able to:

- Explain that poisons can sometimes look and smell like things that are good to eat and drink.
- Explain the importance of always asking first before touching anything they're not sure of.
- Explain who they should take medicine from.

Materials:

Several look-a-likes. Examples: Pine-Sol® and apple juice Comet® and Parmesan cheese Grape flavored cough syrup and grape juice Blue Windex® and blue Power Aid® Bug spray and cooking spray Tums® and Sweetarts® candy

These items were chosen for illustrative purposes only. The Indiana Poison Center does not intend to imply that these items are dangerous if they used as directed on the label.

Keep all poisons locked up when not in use. Never leave poisons out unsupervised!

Discussion:

Poisons are tricky. They can look like things that are good to eat or drink.

Show and explain the look-a-likes here.

Poisons can come in all shapes, sizes and pretty colors. Poisons can be solids, something you can hold in your hand, like a pill or plant or they can be liquids like some cleaning supplies that pour out of bottles. Some poisons come in spray bottles.

Other poisons can be gases, which we can't see. How many of you have ever heard about carbon monoxide? It is a poisonous gas that we can't see.

Medicines can even look and taste like our favorite candy (*example: children's vitamins that look like candy – gummy bears, etc.*)

- *Q.* Who should you take medicine from?
- **A.** A trusted grownup, mom, dad, etc. Never take medicine or any kind of pills or "candy" from a stranger. Always ask before eating or drinking anything, even if it looks good to eat or drink.

Activity 1 for Lesson Plan 2 - Poison Musical Chairs

Description:

A lively version of "Musical Chairs" in which children identify poisonous and non-poisonous products.

Materials:

- 1. Chairs
- 2. Music

Preparation:

Find pictures of poisonous and non-poisonous items in old magazines or draw and make your own pictures of poisons. Examples might include pictures of nail polish remover, a gasoline can, a paint can, mouthwash, bleach bottle, ammonia bottle, apple, a prescription bottle, toilet bowl cleaner, glass cleaner, a hotdog, rat poison, cherries, a cake, a hamburger, a plant, a soda can.

Randomly tape one picture on the seat of each chair. Arrange the chairs in a circle.

Instruction:

- Instruct the children to sit down on a chair. When the music starts they can begin marching around the chairs. When the music stops, the children should sit down on the closest chair.
- Children sitting on a chair with a picture of a poison when the music stops, should take the picture from the chair and say why they think it shows a poison. Remove the chair from the circle.
- Children sitting on a non-poison picture should continue to play the game. The game ends when all of the poison pictures and their chairs have been removed.

After all of the poison pictures and their chairs have been removed and the game is over, all children should sit in their seats. Discuss the definition of poison and stress the importance of not playing with, touching, or tasting a poison.

Stress again the importance of only taking medicine from a trusted adult.

Alternative game:

Place pictures of products on chairs. When the music stops, have each child say if they have a picture of something that is a poison or a non-poison. Repeat as many times as desired.

For variety, change the pictures at intervals.

Activity 2 for Lesson Plan 2 – Before you taste it – ask if you should!

Materials:

- 1. Billy's Birthday story
- 2. Pictures, puppets or flannel cutouts of characters in story (optional)
- 2. "Three Blind Mice" music
- 3. Words to "We Ask First"

Instruction:

Read the story of "Billy's Birthday" to the children.

BILLY'S BIRTHDAY!

It was an exciting day at Jessica's house. It was her brother Billy's birthday, and everyone was helping to get ready for the party. Dad was blowing up balloons, Mom was decorating the cake and big brother, Mike, was painting a sign that said *Happy Birthday Billy*.

Jessica jumped into the kitchen. "How can I help, Mom?" she asked.

"I have a special job for you Jessica," Mom said, "I'm trying to decorate Billy's birthday cake with frosting and he's trying to decorate it with his fingers. Would you take Billy in the other room? Maybe, he'd like to play with his new ball."

"Yeah," smiled Billy.

"He does like his new ball, Mom," laughed Jessica. "I saw him trying to eat it this morning, but it was too big for his mouth,"

"Do you remember our poem about eating things you find, Jessica?" Mom sighed.

"Oh sure Mom," said Jessica, "It may look pretty. It may smell good. But before I taste it, I'll ask if I should."

"Great!" Mom said. "Big five year olds like you understand that the poem means you should never eat or drink anything without asking to see if it is safe or if it is poison. Billy doesn't understand that, so when you are with Billy, you must ask for him."

"Okay Mom," squealed Jessica as she chased Billy into the living room.

As they rounded the corner, they almost ran into their big brother, Mike, who was standing on a stool trying to hang Billy's birthday banner on the wall. "Hand me the tape please, this needs an extra piece."

"Sure Mike," Jessica said, "You've done a great job! I like the dinosaurs you painted on the sign, don't you Billy?"

When Jessica looked down, Billy had picked up the can filled with what looked like water with paintbrushes in it. He was about to take a drink when Jessica yelled, "Wait Billy!" and grabbed the can.

"Oh no!" Mike said as he jumped off the stool. "Did Billy drink that?"

"No," Jessica said, "I know it may look pretty. It may smell good. But before I taste it, I'll ask if I should."

"This is not safe to drink! It's the stuff I got from the garage to clean my paintbrushes. You saved Billy, Jessica. It would have made him very sick," Mike explained, as he took the can from Jessica. "Daddy told me I should be very careful because this is a poison."

"Ugh," Billy said.

"Yes, Ugh!" Mike said as he headed for the garage to put the paint cleaner away.

"I'm glad I stopped you Billy," Jessica said as she gave him a huge hug. "Who wants to be sick and in bed on their birthday!"

Ding-Dong. Grandma and Grandpa burst in. Grandma was carrying a giant bunch of flowers from her garden and Grandpa was balancing a basket of apples and a pile of presents. "Happy Birthday Billy!" Grandma said while reaching down to give Billy a big hug.

Instead of giving his grandma a hug, Billy grabbed a handful of the flowers and put them in his mouth.

"Oh Billy," Jessica moaned, "You didn't ask first."

"Listen to your big sister," Grandma said, "Not everything from my garden is safe to eat."

"That's right," Grandpa said, "It may look pretty. It may smell good. But before I taste it, I'll ask if I should."

"Why Grandpa," Jessica said, "you know Mommy's poem too."

"Yes," Grandpa laughed, "I was around when she learned it."

Jessica's daddy popped his head out of the kitchen door. "It's birthday party time!" he said.

"It's a good thing," Jessica said, "Because I think Billy is hungry."

Everyone went into the kitchen and sat around the big table Dad had decorated with balloons. Grandma put her flowers in a vase next to Mom's beautiful cake. Billy laughed and clapped his hands as everyone sang "Happy Birthday." When Mom gave him the first piece of cake, Billy said "Yum," and stuffed it in his mouth.

Then Jessica's mom cut the second piece of cake and said, "This one goes to Jessica." "My big helper." She added as she scooped up a spoonful of ice cream,

> "This does look pretty. This does smell good. It's safe to eat because Mom said you could."

"We Ask First"

To the tune of "Three Blind Mice"

We ask first, we ask first What we may taste What we may taste When something looks like it's good to chew And might even smell like it's yummy to you It could be a poison so here's what we do... We ask first, We ask first

(Field Newspaper Syndicate granted permission for use of this song)

- Student's name can be substituted, e.g., "Amy Asks First, Amy Asks First..."
- The children might enjoy teaching the song to brothers and sisters at home.
- The teacher should explain again that children should ask first because some things that might look good to eat or drink might not in fact be safe.
- The teacher may ask the students:
 - When should we ask what to eat?
 - Who should we ask what to eat?
 - Why should we ask what to eat?

Lesson Plan 3 – Safe Use of Medicine and Vitamins

Objectives:

Children will:

- Discuss when they should take medicine
- Explain who it is safe to take medicine from.
- Explain ways medicine and vitamins can be poisons.
- Explain the appropriate number of vitamins to take.

Discussion:

- *Q. Has anyone taken medicine before? When do we take medicine?*
- A. We take medicine when we are sick or hurt. It makes us feel better. There are different kinds of medicine to help when we are sick or hurt.
- Q. Who gives us medicine?
- A. A trusted grown-up gives us medicine, like mom, dad or the nurse or doctor.
- *Q.* If someone comes up to you on the playground and offers you some medicine or a pretty colored pill, what should you do?
- A. Never take medicine or pills from your friends or a stranger. Always ask a grownup you trust. You should also never take medicine by yourself.

Did you know medicine and vitamins can be poison? Medicine and vitamins are good for us when we use them the right way. Taking too much medicine or medicine that doesn't belong to us can hurt us. Our bodies only need a certain amount of medicine and vitamins. Your doctor, the pharmacist or your parents know how much you need.

If you take vitamins, only take what a trusted grownup says you can or how much the label tells you to. Some medicine may look like candy or fruit juice, so always ask before you eat or drink anything.

Sometimes, medicine may even taste good but that doesn't mean you can drink a whole bottle or eat a lot of pills that taste good. We should only take medicine when we are sick and only when a grown-up we know and trust gives it to us.

Activity 1 for Lesson Plan 3 - Is it Medicine, or is it Candy?

Description:

Children will try to identify which item is medicine and which is candy.

Materials:

Prepare an "Is it Medicine or Candy?" game.

Preparing an "Is it Medicine or Candy?" game:

A medicine and candy display is an effective way to demonstrate how difficult it can be to tell the difference between candy and medicine.

If you go down the medication isle and candy isle at your local grocery store you will be able to find many similarities. Here are some examples:

Alka Seltzer®	White Necco Wafer®
Orange or red Aspergum®	Orange or red Chiclet®
Red Sudafed® pill	Red hot candy®
Flavored Tums® tablet	Same flavor Sweet Tart®
Tylenol®	Good' n Plenty®

These items were chosen for illustrative purposes only. The Indiana Poison Center does not intend to imply that these items are dangerous if used as directed on the label.

Option 1:

Place the pills and candy in glass containers with lids. Make sure to keep the items in containers that will keep children from breaking them open and eating the pills. Hold up the containers and have the children say which is medicine or candy.

Another option is to buy a clear shadow box (available at craft stores) and hot glue the pills down on a piece of paper labeled "Is it Medicine or Candy?" Place the paper in the shadow box and ask the children to try to say which is medicine and which is candy.

Option 2:

Materials: Medicine and candy look-a-likes (see above) Bulletin board Colored paper Small snack sized plastic bags Stapler and scissors

Preparation: 1. Cover the bulletin board with colored paper

- 2. Create a heading for the board such as: "Is It Medicine or Candy?"
- 3. Place a few of each type of pill into separate plastic bags. Do the same for the candy.
- 4. Staple the medicine and candy pairs onto the board next to each other.
- 5. Place a "smiley" face behind the bags that contain candy and a "frownie" face behind the bags containing medicine.

Instruction: Have the children line up and, one at a time, decide which bag contains the medicine and which contains the candy from the displayed pairs. The children can lift the bags to see if their answers are correct.



Dear Parent,

Poisonings can be prevented - especially among children. Your child has taken part in a poison prevention program developed by the Indiana Poison Center. Please ask your child to tell you what they have learned about poison and talk about what poison is and what it looks like.

Teach your child not to eat or drink anything they're not sure about without first checking with an adult. Remind them that poison doesn't have to look or smell bad – sometimes it can be a pretty color and smell and look good to eat. Talk about the idea that poison can be a liquid, solid, spray or invisible gas. We hope that your child is now more aware about the importance of staying away from poisons. You can help your child to stay safe by taking the time to learn about poisons and poison safety.

Your child has brought home some poison safety information to share with you. Please read over this important information and talk about it with your child. Make sure you place the Indiana Poison Center's emergency number - **1-800-222-1222** - on or near your telephone(s). The Poison Center operates a 24-hour poison emergency free telephone service providing poisoning treatment and prevention information to all residents of Indiana. Call the Poison Center in a poison emergency or if you have a question about the safety of any product, medicine or plant. Call even if you just suspect that someone has been poisoned – don't take the risk of waiting to see if symptoms develop before you call. All calls to the Poison Center are free of charge and confidential.

To prevent poisonings from happening, make sure that your home and any home your child visits is poison safe. Your child has been given a "Home Safety Check List" which will help you to make your home more poison safe.

For more information on protecting your family from poison, call the Indiana Poison Center at 1-800-222-1222, or visit our website at www.indianapoison.org

Sincerely,

Deirdre M. George Davis, MPH Coordinator, Poison Prevention Indiana Poison Center Dear _____

(Name of Teacher)

My child brought this checklist home to our family, and together we went through our home and checked all the places where potential poisons might be found. We talked about placing poisonous products in high places and locking them up. We're going to try to protect our family and children who come visit us so that they will be safe from poison.

Here are the places we looked to see if potentially poisonous products were stored safely:

____,

kitchen	bathrooms	bedrooms
garage	closets	laundry room
dining room	workshop	<pre>storage places</pre>
basement	attic	yard

Our family looked especially for these things:

paint remover, turpentine	cosmetics	
house plants	soaps, detergents, shampoo	
disinfectants, deodorants,	toilet bowl and drain cleaners	
air fresheners	lye, bleaches	
all kinds of sprays	kerosene, lighter fluids	
polishes, cleaning powders	insect repellent	
moth balls, pesticides	ant and rat poison, slug bait	
all medicines, including aspirin, acetaminophen, and vitamins		

Here are the names of some poisonous products we found in our home that are not listed:

____ We made sure that the number for the Indiana Poison Center is near our telephone.

Sincerely,

(name of child)



1-800-222-1222

(name of parent)

PROGRAM & MATERIALS EVALUATION

In an effort to provide better service, it would be helpful to know how Indiana Poison Center materials are being used and dispersed throughout the state. Following the use of this teacher resource guide, please tell us how you used our materials and what you think of the information and lessons by filling out this evaluation sheet and returning it to us at the address listed.

Group or School using the Program		
City	County	
Age of audience	Number attending	
Date(s) program was given		
Lessons Used (check all that apply):		
Lesson 1: What are Poisons?		
Lesson 2: What do Poisons Look	and Smell Like?	
□ Lesson 3: Safe Use of Medication	s and Vitamins	
Parent Take-Home Letters		
□ Student activity sheets		
Parent information sheets		
Evaluation of Program		
1. Time spent on program preparationhours/minutes	on, administration and follow-up.	
2. What is your overall evaluation of (Poor) 1 2 3 4 5		
3. Did the program and handouts me (Not at all) 1 2 3 4	•	
4. Did the program keep the students	attention?YesNo	
5. I would recommend the program to	o my colleaguesYesNo	
If no, why not?		

- 6. The materials were easy to read and appropriate for my students. (Poor) 1 2 3 4 5 6 (Excellent)
- 7. What could be done to improve the teacher guide and lesson plans?

Return form to:

Indiana Poison Center Attention: Deirdre George Davis IU Health - Methodist Hospital 1701 N. Senate Boulevard Suite B 402 Indianapolis IN 46202

Or by fax: (317) 962-5825

Thank you – your input is appreciated

Medicine is *not* candy. Only take medicine from a grownup you trust.





1-800-222-1222 www.indianapoison.org Make-up can hurt you if it gets in your eyes or mouth.





1-800-222-1222 www.indianapoison.org



1-800-222-1222

www.indianapoison.org



Never take anything from medicine cabinets. Many of these things can make you really sick if you use them the wrong way.

Draw an X on all the poisons



























1-800-222-1222 www.indianapoison.org