

START THE NEW YEAR OFF RIGHT!

Most people ring in the “New Year” with a list of resolutions. The Upstate New York Poison Control Center has a few tips to add to your list:

- Check the dates on all of your medications and flush all that are outdated down the toilet.
- If you have young children or if you visit with them in your home or theirs, be aware that medications and cosmetics left in purses can poison children.
- Never mix cleaning products, especially ammonia and bleach, it could be dangerous, even fatal.
- Be sure to have a bottle of activated charcoal on hand, just in case the Poison Control Center directs you to use it in a poison emergency.

- Check to be sure you have the emergency numbers of the Poison Control Center, Police, Fire, Ambulance and Doctors’ near your phone. Be sure that all numbers are accurate, especially if you do not have 911 in your area.
- Store all drugs and chemicals in the container in which you buy them, and keep them out of reach of children.
- Read and follow label directions on all products before using them.

The UNYPCC is available 365 days a year, 24 hours a day for both poison emergencies and poison information calls. If you need a telephone sticker call us!



Dialing 1.800.222.1222 will connect you to the Poison Control Center in your area. To contact the Upstate New York Poison Control Center business office, dial 1.315.464.7078.

Visit our website at www.upstatepoison.org

