

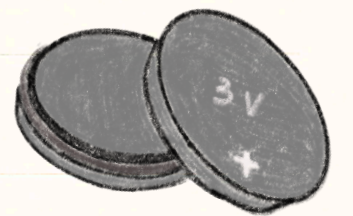
# Preventing Injuries from Household Ingestions

## DANGEROUS HOUSEHOLD ITEMS

### BUTTON BATTERIES

Swallowed button batteries **react with saliva.** This lets off an electrical current that burns tissue and **can be lethal**

#### Where are they Found?



- Common household items: watches, remotes, toys, calculators
- Unexpected places: musical greeting cards, flashing jewelry, car keys

#### How to Prevent?

- Keep button batteries **out of reach, out of sight!**
- Keep batteries in remote controls or flashlights **only accessible with a screwdriver**
- keep items that may have button batteries (i.e. musical greeting cards) out of reach of young children



#### If Swallowed... or Put in Nose?

**Immediately bring to the nearest emergency room!**

If swallowed: **Give some honey** to swallow and coat the battery

- Normally honey is NOT recommended for children less than 1 year old, BUT with a swallowed button battery, the **benefits outweigh the risks**<sup>2</sup>!

Information seen above were collected using the following sites:

1. [https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/keep\\_your\\_young\\_child\\_safe](https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/keep_your_young_child_safe)

2. <https://cps.ca/en/blog-blogue/button-batteries%20>

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MORE INFO

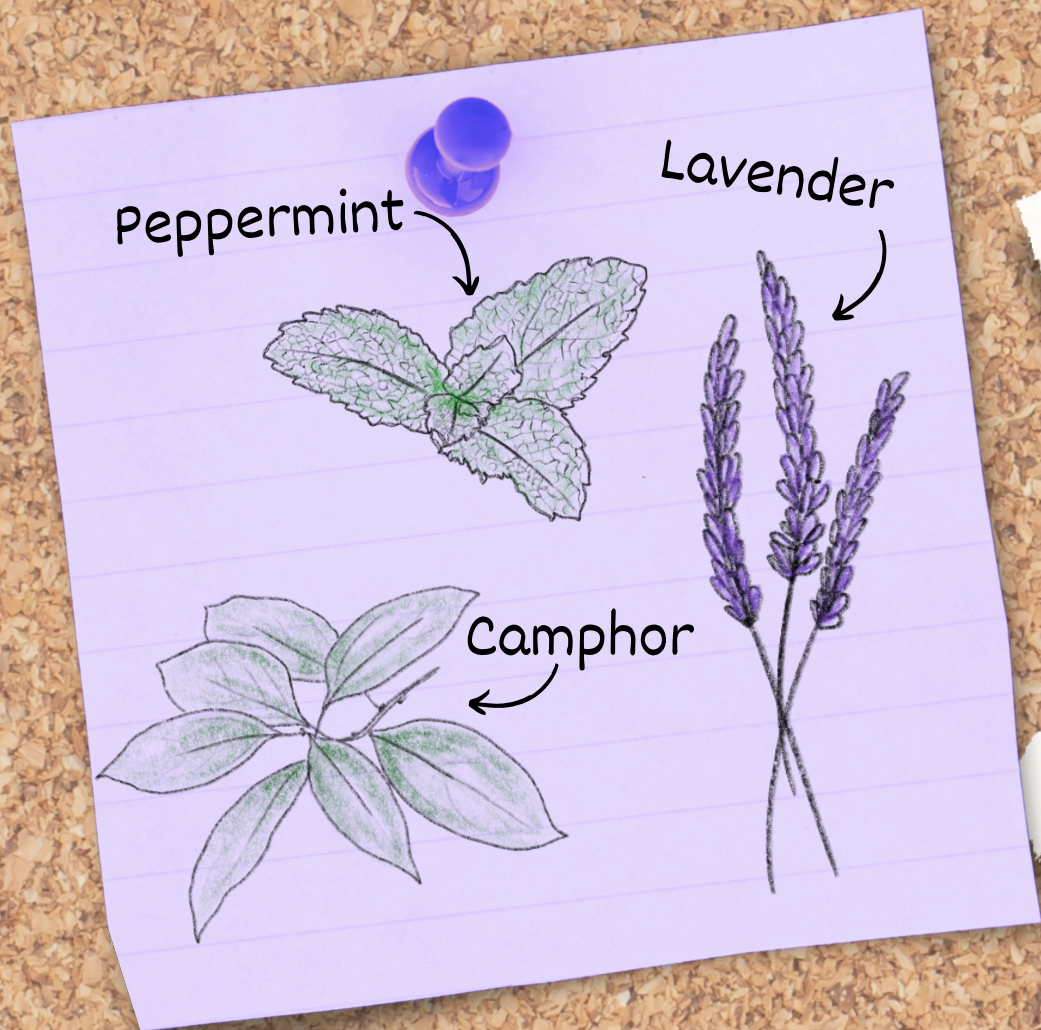


PEM Committee

# Preventing Injuries from Household Ingestions

## DANGEROUS HOUSEHOLD ITEMS

### ESSENTIAL OILS



### What are essential oils?

- Common household item used for medical purposes, aromatherapy, and other purposes
- Common essential oils include:
  - Lavender, Tea Tree, Peppermint, Wintergreen, Eucalyptus, Clove, Camphor

### If exposed to essential oils?

- If swallowed: Give **small sips of water** to drink
- For eye exposures: rinse with lukewarm water for at least **15 minutes**
- For skin exposures: wash exposed skin with **mild soap and lukewarm water** for several minutes
- **Call your local poison centre** for further advice

Swallowing just a **few drops** of oils can be toxic for a child!

### In Case of Toxic Ingestion?

- Quebec: **1-800-463-5060**
- Nunavut: **Call local health centre**
- All other provinces and territories: **1-844 POISON-X** OR **1-844-764-7669**, a Health Canada toll free number connecting you to your local poison centre

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2. <https://www.ontariopoisoncentre.ca/household-hazards-items/essential-oils/>
3. [https://www.rch.org.au/clinicalguide/guideline\\_index/Essential\\_Oil\\_Poisoning/](https://www.rch.org.au/clinicalguide/guideline_index/Essential_Oil_Poisoning/)

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# Preventing Injuries from Household Ingestions

## DANGEROUS HOUSEHOLD ITEMS

### CANNABIS



Accidental cannabis ingestions are on the **rise!**

- Canadian data has shown an increasing number of incidents involving recreational cannabis in children in the past few years
- Most of these cases were **due to young children ingesting edible cannabis** belonging to parents or caregivers

### Tips to Prevent Cannabis Ingestion!

1. **Never leave cannabis products unattended** around children
2. **Lock up** and keep cannabis out of reach.
3. Purchase legal products, and keep them in their original, child proof packaging. **Illegal products often don't come in child resistant packaging**, and can come in flashy packaging that are eye catching to children
4. Keep homemade edible cannabis foods separate from regular food

### Signs of ingested cannabis?

- Vomiting
- Confusion
- Unsteadiness
- Unresponsiveness
- Slurred speech
- Drowsiness
- Slowed breathing
- Seizures (rare)

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2. <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/personal-use/safe-storage.html>
3. <https://cps.ca/en/media/CPSP-results-2018>

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