



Pick your poison prevention plan



Did you know that on average, poison centers handle one poison exposure every 13 seconds? That's over two million reported poison exposures each year.

Keep your local Poison Control Center telephone number, (800) 222-1222, on or near your telephone.

Prevent needless poisonings by following these tips:

- Keep potential poisons in their original containers
- Read and follow the directions and caution labels on household and chemical products before using them
- Never mix household and chemical products together
- Never sniff containers to discover what is inside
- Read and follow the directions and warnings on the label before taking any medicine
- Be aware of potential drug and food interactions
- Never share prescription medicines
- Keep medicine and household cleaners out of children's reach

Source: American Association of Poison Control Centers

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Looking for additional safety tips and preventive measures?

Check out the online *Health Encyclopedia* from the Personal Health Manager at Blue Access® for Members.