



Chinese Medicine

DOs

- 😊 Read carefully the instructions and labels on the proprietary Chinese medicine or Chinese herbal medicine before giving them to your children.
- 😊 Process the Chinese medicine for your children according to the instructions.
- 😊 Request for your child's prescription form.

DON'Ts

- 😞 Develop your own Chinese formulary for your children.
- 😞 Use formulary which is not developed for your children including those circulating in the market.
- 😞 Adjust the constituents and dosage of the Chinese medicine by yourself or substitute herbs with others of similar name or looking.



Important Points to Note:

- Take time to teach your children about poisoning.
- Tell your children not to put anything in their mouth.
- Tell your children that medicine and household products are not food or candies.
- Keep medicine and household products out of reach and sight of children.
- Keep medicine and household products in their original and labelled containers. The containers should be difficult for the children to open.
- Close the containers of medicine or household products immediately after use. Return them to their original places.
- Do not remove the labels on the medicine or household products.
- Do not leave children alone with medicine or household products which are not properly stored.
- Keep medicine and household products away from food and drinks to avoid contamination or accidental ingestion by your children.
- Dispose empty bottles and expired products properly. Recap the containers and dispose of them in a safe place out of reach of your children.
- Seek advice from your doctor, pharmacist or Chinese medicine practitioner if in doubt.

In Case of Suspected Poisoning:

- Keep calm;
- Seek your doctor's advice immediately;
- Call 999 emergency hotline immediately if the condition is serious, or the child is not arousable or is not breathing.

*This publication is produced by the Hong Kong Poison Control Network.
Printing is by the Department of Health.*



PREVENTION OF CHILDHOOD POISONING



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Most people consider their home as a safe place for their children. In fact it can be a dangerous place when it comes to childhood poisoning. The reasons are:

1. Children are curious

- Young children tend to put anything inside their mouth.
- Medicine bottles may look attractive to them.
- Some medicines or household products may look like food or drinks, particularly those with sweet taste or fruity scents.

2. Children like to imitate adults

- Taking medicine in front of children may be dangerous as they may follow your action.

3. Young children are not verbal

- They may not be able to express themselves clearly even when they are not feeling well.

4. Metabolism of children is different from that of adults

- Children have faster metabolic rates and are less able physically to handle toxic chemicals e.g. A few iron-containing vitamin tablets can be lethal to children due to liver damage.

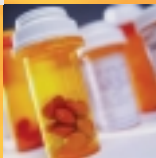
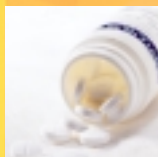
Western Medicine

DOs

- ☺ Read the labels and instructions carefully before giving medicine to your children.
- ☺ Dispose leftover or expired medicine properly to avoid accidental ingestion by your children.
- ☺ Give medicine in well lit place and wear your glasses if necessary.

DON'Ts

- ☹ Give extra amount of medicine to your children even if your children have missed the previous dose.
- ☹ Store medicine in food bottles or refer to medicine as candies.
- ☹ Take medicine in front of children. They may follow you.
- ☹ Give other people's medicines or those left from a previous consultation to your children. Different illnesses may have similar symptoms but require different treatments.



Household Products

DOs

- ☺ Keep children away from treated areas where there are pesticide residues.
- ☺ Handle the household products carefully when you are using them. Your children may ingest them when you are focusing on your work.
- ☺ Wash your hands thoroughly with water and soap immediately after using household products.

DON'Ts

- ☹ Apply the products more than necessary. The residual products may be poisonous to your children.
- ☹ Apply pesticides directly to household utensils or surface used for food preparation.
- ☹ Eat or drink when applying pesticides.
- ☹ Allow your children to use household products without appropriate supervision.

