

NJ POISON CONTROL CENTER

We encourage you to share this important information with family, friends, colleagues, local communities, public health partners, and on social media. Visit NJPoisonCenter.org for more information. Health advisories 2023 found [here](#).



THE MORNING RUSH

Changes in daily routines cause stress and distractions.

Many households in New Jersey have a similar experience during the morning rush – at any minute, things can go wrong.

The kids can't find their shoes, the teen is still in bed, and one parent gives the child a dose of medicine followed by another person accidentally doing the same.



LUNCH TIME

Before preparing lunch, remember to wash hands and surfaces, and pack food in appropriate containers. Hot food should be kept hot by using thermoses and other insulated containers. Cold food should be kept cold by using ice packs or cooling bags.

Frequent handwashing, especially before eating as well as before and after close interaction with others, is the best way to remove germs.

EVERYDAY PRODUCTS

All products, including adult recreational substances (alcohol, cannabis/marijuana edibles, vapes), household cleaners/chemicals, and medicines should be kept in their original containers.

Keep all products in secure/locked areas. Read warnings and follow the directions on labels.

Be careful when using multiple cleaning products because the combination of different chemicals may cause toxic fumes.



Teachers and school staff can use this [checklist](#) to help prevent accidental poisonings in their classrooms and school. Additional [resources](#).