



# Minnesota Poison Control System

www.mnpoison.org

## Lesson 4: We Ask First! (K-3<sup>rd</sup> Grade)

### Discussion:

**What is a poison?** A poison is something that can make you sick, hurt you, or even kill you if you eat or drink it, smell it, splash it in your eyes or on your skin. Poisons can be tricky. They can look like things that are good to eat and drink. Don't get tricked by poison, always ask first. Remember this Safety Rule: Don't Touch, Don't Taste, Ask First! **This means you should never touch or taste anything unless you ask a grown-up/adult first.**

**Activity 1:** Read the scenarios from the "Poison Scenarios 1" and "Poison Scenarios 2" documents in the Resource Center and ask the questions at the end of each scenario. Allow children to answer the questions then discuss the correct answers.

**Activity 2:** For this activity you will need several poison look-a-likes. Examples\*\*

Pine-Sol® & Apple Juice	Comet® & Parmesan Cheese
Blue Windex® & Blue Gatorade®	Red juice & Red colored liquid Tylenol®
Ex-lax® & Hershey's® chocolate bar	Aspirin and Smarties candy
Tylenol® tablets and Red Hots®	Cold Relief Pops & Lollipops
Tums® & Sweet Tarts®	Gummy Vites® multivitamins & GummyBears®

*\*\*Note: The above items were chosen for illustrative purposes only. The Minnesota Poison Control System does not intend to imply that these items are dangerous if used as directed.*

***\*\*Note: Keep the examples locked up when not in use! Never leave them out or unsupervised!***

Show the children the look-a-likes one pair at a time. Ask them to identify which item from the pair is safe to put in your mouth. (Example: Hold up the Pine-Sol® and the apple juice. Raise the Pine-Sol® higher and ask "is this safe to eat?" Children should respond "NO." Then raise the apple juice and ask "is this safe to eat?" Children should respond "YES.")

Explain medicines carefully- even though some are safe to go in the mouth, children must understand that - ONLY A GROWN-UP SHOULD GIVE THEM THEIR MEDICINE.

Also explain that the labels on the cleaners and medicines may have "caution" words such as: caution, danger, warning, harmful, etc. and that they should be kept in a locked cabinet out of reach and sight of children.

**Question:** What is the safety rule for this lesson?

A) Don't Touch, Don't Taste, Ask First!

Finally, if you or someone you know should ever get poisoned, the Poison Center is always ready to help you. They are open 24 hours a day, 7 days a week, and 365 days a year. You can call them at 1-800-222-1222!

***\*\*\*Note: If a person is non-responsive, has difficulty breathing, is not breathing, or is having seizures call 9-1-1 immediately\*\*\****