



Preventing poisoning in children

Children aged one to four are particularly vulnerable to accidental poisoning, both inside and outside the home. To prevent poisoning, it is important to be aware of the dangers.

Products and chemicals

Chemical products for the home, vehicles and garden are kept in many households. It is vital to store such products safely and securely to prevent accidental poisoning.

- Always use the original packaging. Never pour products into other bottles.
- Store chemical products safely and keep out of reach of children.
- Always keep an eye on products during use when there are children around.
- Do not rely on childproof locks. Experience shows that children are often able to open these.
- Hazard labelling on products can be confusing. Products without hazard symbols can also cause poisoning.

Snus and other products containing nicotine

Products containing nicotine, such as snus, nicotine gum and e-cigarette liquid, can lead to poisoning. Always keep snus and other products that contain nicotine out of reach of children.

When children ingest snus, nicotine gum or cigarettes, the amount of nicotine in the product will determine whether the child can be monitored at home or whether they need to be seen by a doctor. Even a small amount of nicotine-containing e-cigarette liquid is harmful to swallow - call 113.



Medications

In some cases, a single tablet can be enough to cause severe poisoning in a child. It is not just prescription drugs that can be dangerous, over-the-counter medications can also cause poisoning.

- Keep all medications out of reach of children.
- Use the correct dosing equipment, such as a syringe, measuring cup or measuring spoon for liquid medication.
- To avoid mixing up medication, always look carefully at the packaging and label.
- Use medication as instructed by your doctor or pharmacist. Read the instructions carefully.
- The correct use and storage of medication is important, including when you are travelling.

Plants

Most plants are not dangerous to ingest, but even the smallest of amounts of some plants can cause poisoning.

The Poisons Information Centre does not identify plants, but it will carry out an assessment based on the available information. It is important to rule out the most poisonous plants.

Plants change appearance throughout the growing season, which can pose challenges in relation to identification. Plant apps can be useful for identification but must be used subject to the appropriate precautions. The “Artsorakelet” app from the Norwegian Biodiversity Information Centre is one example based on plants found in Norway. The Poisons Information Centre has an image gallery and information about many plants at giftinfo.no. On this website, you will find an A-Z with photographs, and you can also read more about plant poisoning.

- The names of houseplants can often be found on the plant pot. Plant apps can be used for identification, subject to the appropriate precautions.
- A garden centre or gardener may be able to help.
- You should always use multiple quality-assured sources to identify plants.
- Familiarise yourself with the plants you have at home and in your garden. Check how poisonous they are at helsenorge.no.



Mushrooms

Some mushrooms are so poisonous that ingesting even the smallest amount can cause poisoning. All poisonous mushrooms in Norway are agarics. You can read more about different mushrooms at giftinfo.no.

In the event of an accident, the Poisons Information Centre can help identify the mushroom if necessary and provide advice on what you should do. Retain the mushroom or remnants of what has been ingested. Make sure you have the mushroom at hand when you call. High-quality photographs can also be useful.

General first-aid advice

If swallowed

- Remove any remnants.
- Rinse the mouth out and give something to drink.
- Vomiting should not normally be induced at home.
- Contact the Poisons Information Centre for advice.
- If the child has ingested corrosive products or is showing severe symptoms, call 113.

Activated charcoal is specially treated charcoal which can be useful in some cases of accidental poisoning. There are many situations where it is neither necessary nor desirable to administer it. Charcoal should not be ingested into the lungs, and it should therefore not be administered to children who are reluctant, lethargic or vomiting. Always contact the Poisons Information Centre for an assessment before administering activated charcoal.

If you get something in your eye

- Rinse the eye using lukewarm running water or physiological saline solution as soon as possible.
- Hold the eyelids apart and make sure that the water reaches the eyeball itself.
- Remove any contact lenses.
- The duration of the rinsing will depend on what has come into contact with your eye and can vary from a few minutes to several hours.
- Call the Poisons Information Centre for advice while rinsing.



For spills onto skin

- Rinse with running water as soon as possible.
- The duration of the rinsing will depend on what has come into contact with your skin and can vary from a few minutes to several hours.
- Call the Poisons Information Centre for advice while rinsing.

The Poisons Information Centre - who are we?

The Norwegian Poisons Information Centre is a national 24/7 advice line available to individuals, healthcare professionals and others. We assess the risks of acute poisoning in different situations and give advice on how to manage the situation.

The department is part of the Norwegian Institute of Public Health and consists of advisors and senior advisors with relevant education and training. When you call the Poisons Information Centre, our advice will be based on the information you provide. What happened, when it happened, the age of the child and whether they are displaying any symptoms are all vital pieces of information that help us assess the risk of acute poisoning. You will get advice on what to do next and whether you should continue to monitor the child at home or seek medical assistance.

The Poisons Information Centre's website can be found at www.helsenorge.no/giftinformasjon. The website contains more information on everything from plants, mushrooms, chemicals and products to medications and first aid advice. On the website, you will also find the poster "In case of an accident", which can be ordered or downloaded.