

## **Protect Children – Prevent Nicotine Poisoning**

### ***Where Do You Keep Yours?***

All products containing nicotine, such as cigarettes, ashtrays, gum, patches, sprays, lozenges and e-cigarettes, should be kept away from children.

Nicotine is highly poisonous to children and even a small amount can be very dangerous. In fact, just 3 pieces of gum could be fatal if chewed by a young child.

Poisoning can happen when children chew, swallow or play with nicotine products. Even an old patch can still contain enough nicotine to harm a child.

### **Follow these simple steps to help prevent nicotine poisoning**

- **Out of sight and out of reach.** Keep patches, gum, sprays, lozenges, e-cigarettes and cigarettes out of sight and out of reach of children
- **Store them in a high locked cupboard.** Use a high kitchen cupboard with a child safety lock
- **Children learn by copying adults.** Make sure that you do not use any nicotine products in front of children. This includes taking lozenges and using patches.
- **Used patches should be folded in half and thrown away in the main kitchen bin.** Children are less likely to explore the kitchen bin
- **Keep handbags out of reach.** Handbags often contain nicotine products. Put them out of reach
- **If you think your child has ingested or used any nicotine products, seek medical advice immediately.**

**Symptom of nicotine poisoning may include one or more of the following:**

- Burning in the mouth and throat
- Sickness
- Confusion
- Dizziness
- Coma
- Seizures

**If you think your child has ingested or used any nicotine products, seek medical advice immediately**