Keeping Substances Away from Children and Pets

Protect children and pets from accidentally being harmed by substances in the home.
This includes medications, illicit drugs, supplies, and waste.

Even small amounts of substances can seriously harm children or pets.

More than 1 in 3 poisonings in British Columbia involve young children.
Children and pets are at higher risk because they're smaller and weigh less than adults.
Children or pets might ingest a substance because they're curious, it looks like candy or treats, or they don't know it's dangerous.

How to store substances safely - out of sight and out of reach

The safest option is to not use drugs or have them in the home. If you do keep drugs in the home:

- Put them in a high place that children and pets can't reach.
- Keep them locked in a cabinet, safe, or lockable bag. →
- Keep track of how much of a substance you have so you know if some goes missing.
- Clean up any residue or spills after preparing or using drugs.
- Throw away drug supplies safely in a place children or pets can't get to.
- Have open and honest conversations with children in your household about substances.



Low-cost boxes or bags with locks you can buy online

IF YOU THINK A CHILD OR PET HAS SWALLOWED A SUBSTANCE

For children: Call **9-1-1** or the **poison information line** at **1-800-567-8911**
- If you believe a child has ingested opioids, give rescue breaths and naloxone.

For pets: Call your veterinarian or the **pet poison control line** at **1-888-426-4435**
- If you believe a pet has ingested opioids, give naloxone, and take them immediately to a veterinarian.

Save the number for poison control in your phone now, or post it in a visible place (like on the fridge) so you're ready in an emergency.

For more information visit: www.towardtheheart.com
For supports to reduce or stop substance use visit: helpstartshere.gov.bc.ca
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