




NOT ALL  
**POISONS**  
ARE FOUND IN A BOTTLE







Contact with plants does not always make a person sick; however some plants can cause problems. Tell your child to check with an adult before touching any plants, berries or mushrooms. Have your child wash their hands after playing outside.

All plants and parts of plants can be poisonous or cause choking if swallowed. These include plant seeds and seed pods, leaves, berries, roots, bulbs, fresh and dried flowers.

The Poison Centre needs as much information as possible to help you in an emergency.

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- 1 Call the IWK Regional Poison Centre/911** for all contact with plants and as soon as the contact happens. In some cases it can take several hours or days for symptoms to show.
  - 2 Make sure to know the names of all the plants** inside and outside your home. Label plants with both the common name and botanical name. For example, Lily-of-the-Valley (proper name); Convallaria species (botanical name).
  - 3 If you go to the Emergency Department,** bring or take a picture of the plant your child touches and/or eats for the staff to look at.

In Nova Scotia & Prince Edward Island, call the IWK Regional Poison Centre at **1-800-565-8161** or call **911**. In New Brunswick, call 911.

For more ages and stages tips about how to prevent plant poisonings in children, a list of plants commonly found in the Maritime Provinces, and other important contact information, visit **[www.childsafetylink.ca](http://www.childsafetylink.ca)**