



## The New Jersey Poison Information & Education System

Serving New Jersey Since 1983

Designated regional poison center  
for New Jersey by New Jersey  
Department of Health and Senior  
Services and the American  
Association of Poison Control  
Centers

**Please distribute to the public; your local radio, magazines and newspapers;  
websites; etc.**

### PRESS RELEASE

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## **Spring Clean With Ease**

Warm, sunny weather makes for good spring cleaning days. Roll up your sleeves and follow these simple safety tips from the New Jersey Poison Information and Education System (NJPIES).

- **Good ventilation** is the key to getting harsh fumes from cleaning products out of the house. Simply opening a window is not enough to eliminate dangerous fumes or odors. You may want to use an exhaust fan to eliminate the fumes and to circulate fresh air into the area you are cleaning.
- **Test your carbon monoxide & smoke detectors** to make sure they are working. The International Association of Fire Chiefs recommends changing your batteries when you change your clock for Daylight Savings.
- **Read the labels** on household cleaning products. DO NOT mix products – two products combined can produce toxic results.
- **Try to clean** when children and pets are NOT present. Keep products locked up and clean up all spills immediately and thoroughly. Common cleaning products that can be poisonous include furniture polish, oven cleaner, and window cleaner.
- **Try to use natural cleaners** to limit air pollution in your home. Try vinegar, lemon juice, and baking soda.
- **Make sure to throw away** medicines that are not being used. Check expiration dates frequently on all over-the-counter and prescription medications kept in the home. Recent recommendations include combining expired or leftover medicines with used coffee grounds, kitty litter, or something else bad-tasting to children and animals. Place this in a coffee can with a lid, and discard with your household trash.

If you suspect a poisoning, call the poison control center for immediate treatment advice, as well as, for prevention information. Call **1-800-222-1222**, trained medical professionals will provide you with the most up to date emergency treatment advice. Services are available 24 hours a day/ 7 days a week. Hearing impaired may call 973-926-8008. **Remember Help Is Just A Phone Call Away!**

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