


EcoCHOP

Healthy Planet, Healthy Kids

 The Children's Hospital of Philadelphia®
Hope lives here.



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34th Street and Civic Center Boulevard, Philadelphia, PA 19104-4399
1-800 TRY CHOP www.chop.edu

Founded in 1855, The Children's Hospital of Philadelphia is the birthplace of pediatric medicine in America. Throughout its history, a passionate spirit of innovation has driven this renowned institution to pursue scientific discovery, establish the highest standards of patient care and train future leaders in pediatrics.

For a century and a half, Children's Hospital has served as a haven of hope for children and families worldwide.

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Super Safe Super Green Super Hero!

Keeping a Greener,
Safer Home



An activity book from
The Poison Control Center

 The Children's Hospital of Philadelphia®
Hope lives here.



1-800-222-1222

24-hour hotline



Hi Moms and Dads!

The pharmacists, nurses and doctors who staff your local Poison Control Center at The Children's Hospital of Philadelphia want you to know that common household items are a frequent cause of poisonings in children.

Removing toxins from your home is a great way to protect your kids and the environment.

This booklet can help get your child (and you, too!) interested in making your home greener and safer.

Thank you!

*The Staff of the Poison Control Center
at The Children's Hospital of Philadelphia*

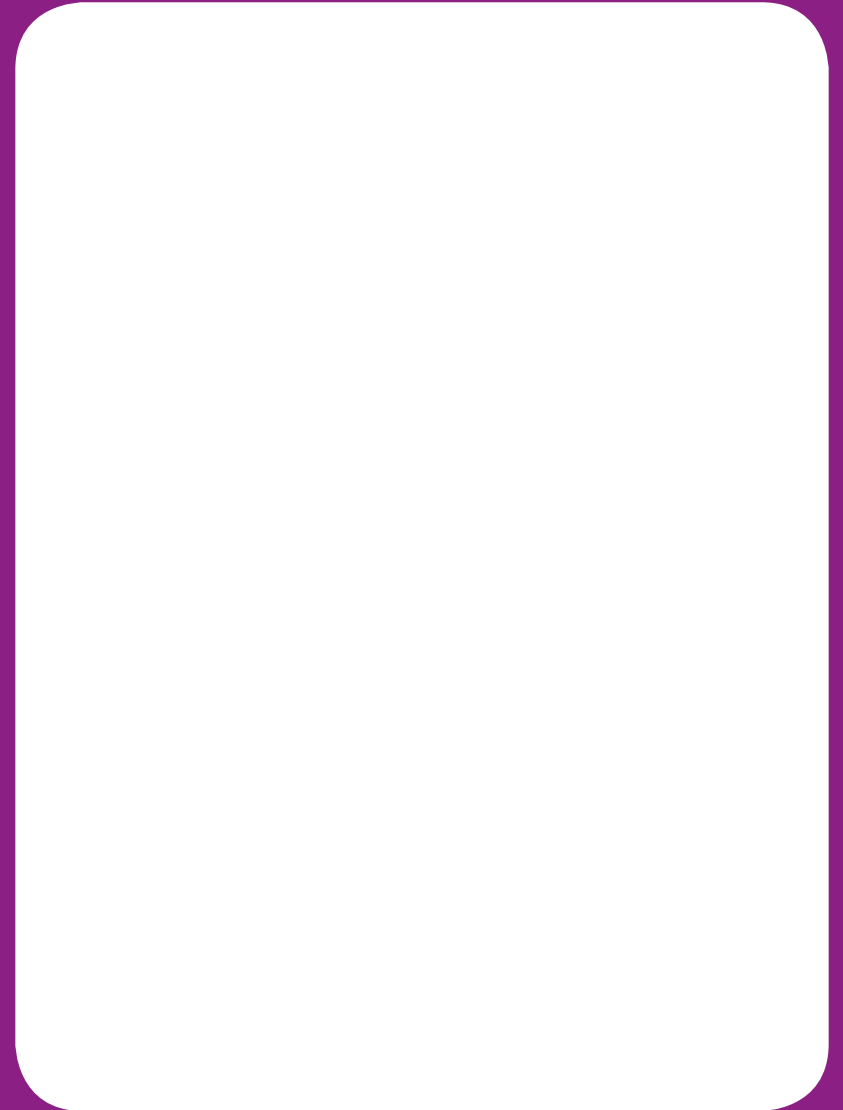
1-800-222-1222

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Cool Kid, Cool Place

Draw your home, and draw yourself, with a serious face, because you're on a serious mission. You're going to learn about making your home safer.



Staying Safe: It's No Puzzle

Crossword

Super-safe, super-green superheroes do things every day to help the environment and to keep their homes safe. The clues for this crossword puzzle are rules superheroes like you follow!

Across

1. Instead of using bug spray, wear a long-sleeved shirt and long _____ to protect yourself from those little critters.

4. Don't leave food or _____ around the house. They can attract bugs, mice and other pests.

5. When you are helping to clean the _____, remind your mom or dad they can use vinegar as an all-purpose cleaner. See "Greener, Cleaner Recipe" card on next page.

6. When you are _____ your teeth, do not let the water run. While brushing, turn the water off and turn it on again only to rinse.

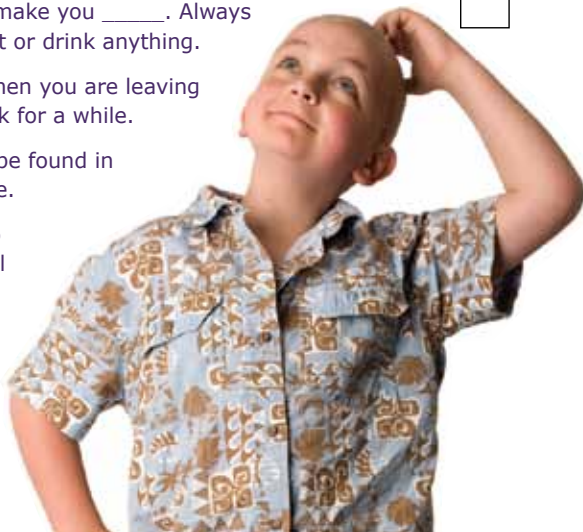
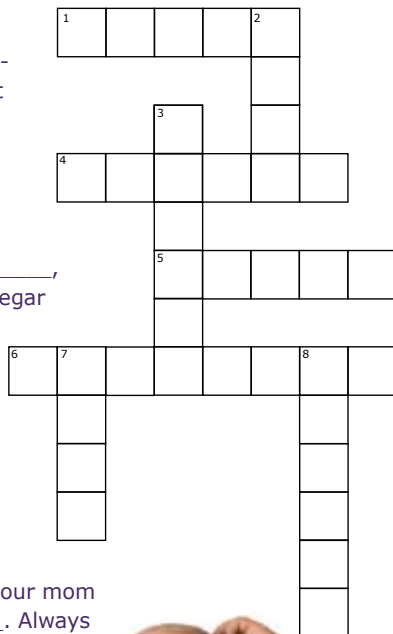
Down

2. Never eat, drink or play with the stuff your mom or dad cleans with. It can make you _____. Always ask an adult before you eat or drink anything.

3. Turn out the _____ when you are leaving a room and will not be back for a while.

7. Be careful! Poisons can be found in every _____ in the house.

8. Ask your mom or dad to program the Poison Control Center phone number into their cell phones. The _____ is 1-800-222-1222.



Greener Cleaner Recipe Card

Cut out this card and give it to your mom or dad.
(Ask before you use the scissors!)

All-purpose cleaner

2 cups white distilled vinegar
2 cups warm water

20-30 drops essential oil such as lavender or rosemary (optional)

Green alternatives are safer but they still should be kept out of the reach of children!



Word Search

Many things that we see and use can be poisonous if we eat or drink them. The words listed here are some examples of poisons. Circle the words in the puzzle. Look carefully — some are backward.

bleach

medicine

aspirin

cleaners

pills

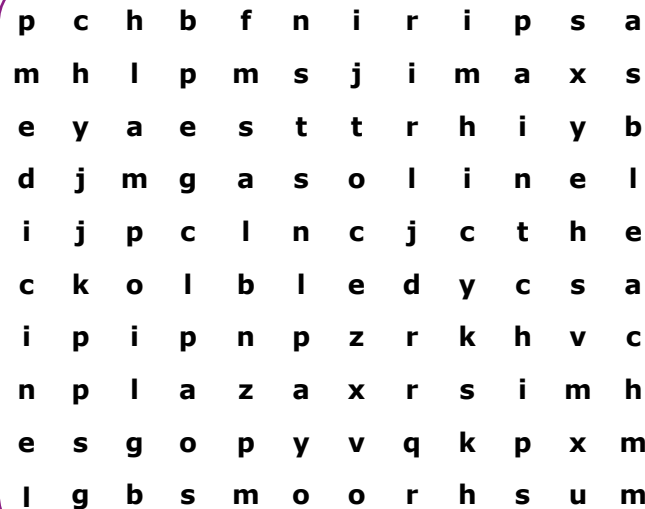
paint chips

soap

gasoline

mushrooms

lamp oil



Greener Cleaner Recipe Card

Cut out this card and give it to your mom or dad.
(Ask before you use the scissors!)



Furniture Polish

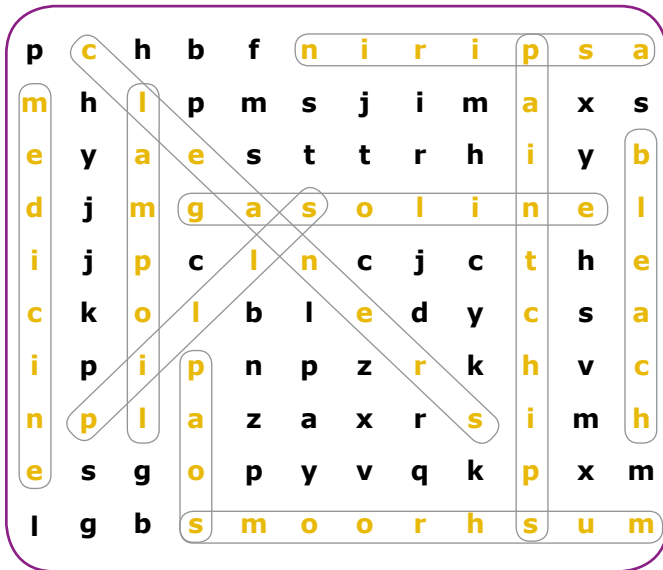
1/4 cup olive oil
1/4 cup white distilled vinegar
20-30 drops of lemon essential oil

Mix ingredients and shake well before using. The Poison Control Center can share other "Greener Cleaner" recipes.



Puzzle Answers

Word Search



Crossword Answers

Across: 1. pants, 4. drinks, 5. house, 6. brushing
Down: 2. sick, 3. lights, 7. room, 8. number



Super Green Hero!

You just helped make your home a safer place.
You are helping the Earth and your family.

Draw a picture of yourself as a superhero.

Congratulations!

You are awesome!

The Poison Control Center at The Children's Hospital of Philadelphia covers southeastern Pennsylvania and Delaware. The pharmacists, nurses and doctors on staff handle more than 200,000 calls per year.

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For more information:

www.chop.edu/poisoncontrol