Super Safe
Super Green
Super Hero!
Keeping a Greener, Safer Home

An activity book from
The Poison Control Center

1-800-222-1222
24-hour hotline

The Children’s Hospital of Philadelphia
Hope lives here.

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.

The Children’s Hospital of Philadelphia and the logo are registered marks of The Children’s Hospital of Philadelphia.

©2010 The Children’s Hospital of Philadelphia. All Rights Reserved.
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
24-hour hotline

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

p c h b f n i r i p s a
m h l p m s j i m a x s
eyaesttrhirybdjmgasolinel
ijpcliencjcthe
ckolbledycsa
ippnzrkhvcc
npdzaxrsimihn
esgopvyvkpxm
lgbosomesorhsum
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!

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.

1-800-222-1222

24-hour hotline

For more information:

www.chop.edu/poisoncontrol

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.

Greener Cleaner Recipe Card

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

Puzzle Answers

Word Search

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

Congratulations!

You are awesome!

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.

Greener Cleaner Recipe Card

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

Puzzle Answers

Word Search

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

Congratulations!

You are awesome!

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.

Greener Cleaner Recipe Card

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

Puzzle Answers

Word Search

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

Congratulations!

You are awesome!

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.

Greener Cleaner Recipe Card

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

Puzzle Answers

Word Search

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

Congratulations!

You are awesome!

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.

Greener Cleaner Recipe Card

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

Puzzle Answers

Word Search

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

Congratulations!

You are awesome!

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.

Greener Cleaner Recipe Card

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

Puzzle Answers

Word Search

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

Congratulations!

You are awesome!