

## Iron

Iron over exposure is one of the most common causes of poisoning in children under 6. It can be found in iron replacement tablets, multivitamins, and prenatal vitamins.

### Immediate symptoms of iron poisoning include:



- *nausea*
- *vomiting*
- *diarrhea*
- *abdominal pain*

If left untreated, iron poisoning can cause liver damage, heart failure, coma, and death.

### Keep these tips in mind:

- Children like the flavors and shapes of their vitamins and may be more likely to try to take more.
- Store vitamins and iron tablets out of your children's reach.
- Tell your child often that vitamins should only be given to them by a grown-up.
- Your pediatrician can tell you if your child needs a vitamin with iron.

Call **Carolinas Poison Center** at **1-800-222-1222** for questions about an exposure or for more information.



Carolinas Poison Center

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