

# WHAT KIDS SEE ISN'T WHAT'S INSIDE



## BEING CAUTIOUS WITH CANNED LOOK-ALIKE BEVERAGES

### THE LOOK-ALIKE

#### ALCOHOLIC DRINKS AND FREEZER POPS

Seltzers, teas, coffees, and kombuchas with alcohol in them often come in bright, attractive packaging with appealing flavors.

Alcoholic freezer pops resemble ordinary popsicles. Product packaging can also be bright and colorful, making it even more attractive to children.

#### HIGHLY CAFFEINATED BEVERAGES

Beverages contain very high concentrations of caffeine and are easily mistaken for non-caffeinated beverages.

Some caffeinated beverages contain other ingredients that are unregulated by the FDA. This most commonly happens in energy drinks.

#### THC-INFUSED BEVERAGES

Cannabis (THC)-infused beverages are also available for purchase in many states.

Seltzers containing THC may look like ordinary beverages, but they may contain between 5 to 50mg or more of THC per can.

### THE DANGER

These alcohol-containing products can range from 5-15% alcohol by volume (ABV).

Alcohol is potentially toxic to children, and it only takes a small amount for it to be dangerous in a small child.

Alcohol can affect a child's blood sugar, central nervous system, and slow down breathing.

Caffeine is a drug, and it has side effects. The dose and size of the person determine the extent of harm.

Taken in high doses, caffeine may cause heart palpitations, high blood pressure, nausea or vomiting, jitteriness, or sleep problems.

In extreme cases, abnormal heartbeats, seizures, or even death could occur.

Children are more likely to become intoxicated from consuming small amounts of these beverages due to their smaller body size.

Symptoms include drowsiness, dizziness, difficulty walking, and in severe cases may cause difficulty breathing and/or coma.

## TIPS TO HELP PREVENT ACCIDENTAL POISONINGS IN KIDS

#### • DON'T LEAVE DRINKS UNATTENDED:

Be aware of where you or your guests have left unfinished drinks and clean them up frequently.

#### • LEAVE BEVERAGES IN THEIR ORIGINAL CONTAINERS:

It can be very easy to confuse a flavored water or fruit juice with an alcoholic, THC-infused, or caffeinated beverage if the drink is in an unmarked cup or glass.

#### • PUT IT AWAY:

Store drinks with alcohol, THC or high amounts of caffeine in a place that is out of the sight and reach of your children. Better yet, lock it up.

#### • AVOID PUTTING KID-FRIENDLY DRINKS AND ADULT-ONLY DRINKS IN THE SAME COOLER OR FRIDGE

Keep them separate and ensure kids know which drinks they are allowed to have.

#### • TALK TO YOUR CHILD

Talk to them about the potential dangers of alcohol, caffeine, and THC, and how these products may be packaged to make them look fun and attractive.



If you suspect your child has accidentally ingested an alcoholic, THC-infused, or caffeinated beverage, call the Drug and Poison Information Center at 1-800-222-1222. Our specialists are available to provide expert, free, confidential advice 24/7/365.