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Ice Packs

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Ice Packs

There are two types of ice packs:

- **Instant or disposable ice packs:** Contain water and various salts that are separated by a bag that ruptures when squeezed. The water becomes cold when it combines with the salts. Designed to be used one time only.
- **Reusable ice packs:** Contain water and various additives. These ice packs are kept in the freezer and can be used many times

Are they toxic?

Skin: Leakage onto skin is usually not a problem. Minor irritation may be seen with leakage of instant or disposable ice packs

Ingestion: Unintentional ingestion of a small amount may result in a stomach upset.

What to do?

Skin: Wash skin thoroughly with soap and water.

Ingestion: Rinse out mouth and drink a glass of water or milk.

If you have any questions or concerns, contact the Poison Control Centre.

How can I prevent exposure? Discard instant ice packs after use. Check reusable ice packs for leaks prior to use.

Need more information: Call the Poison Control Centre.

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