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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