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[Home](#) > [FAQs](#) > [Ice Packs](#) > [Printer-friendly PDF](#)

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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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We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the xʔmʔkʔyʔm (Musqueam), Skʔwxʔwuʔmesh Uʔxwumixw (Squamish Nation), and sʔlʔilwʔtaʔ (Tsleil-Waututh Nation) on whose unceded and ancestral territory our centre is located.

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