

**1-800-222-1222**

### First Aid for Poisoning

#### Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit.
- Call the poison center.

#### Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse skin with lukewarm water for 10 minutes.
- Call the poison center.

#### Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet, or shower for 15 minutes.
- Do not force the eyelid open.
- Call the poison center.

#### Inhaled Poison:

- Get the person to fresh air.
- Open doors and windows.
- Call the poison center.

### Stay Connected

www.mdpoison.com



# What you need to know about Medicine Disposal

Taking medicines to permanent drop-off locations or take back events is the safest way to dispose of them. Many local police departments serve as permanent medicine drop-off locations in Maryland. To find a location nearest you, go to <https://health.maryland.gov/bha/Pages/Prescription-Drop-Off-Collection-Sites.aspx>. If you are unable to do the above, here's another safe disposal method.

## Follow these simple steps to dispose of medicines in the household trash

### MIX

Mix medicines (do not crush tablets or capsules) **with an unpalatable substance** such as dirt, kitty litter, or used coffee ground.



### PLACE

Place the mixture **in a container** such as a sealed plastic bag.



### THROW

Throw the container **in your household trash**.



### SCRATCH OUT

Scratch out **all personal information** on the prescription label of your empty pill bottle or empty medicine packaging to make it unreadable, then dispose of the container.

