

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.

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[www.mdpoison.com](http://www.mdpoison.com)



# What you need to know about Medicine Safety

Over 70% of cases at the Maryland Poison Center involve one or more medicine. Use the information below to prevent medicine mishaps with prescription and over-the-counter (OTC) medicines.

## For Everyone:

- Read the label every time a medicine is taken and follow the directions exactly.
- Ask questions if your medicine looks different (e.g., shape, size, color).
- When taking more than one medicine, make sure they don't have the same active ingredients.
- If misused, prescription and OTC medicines can be as dangerous as illicit drugs.
- Keep medicines in original containers or in daily pill reminders, never in baggies.

## For Older Adults:

- Keep an up-to-date list of your medicines to take to healthcare appointments and in case of an emergency.
- When given a new medicine, ask if other medicines should be stopped or continued.
- Have blood work done when ordered by your healthcare provider.
- Turn on the lights and put on your glasses when taking medicines.
- Use daily pill reminders or a medicine tracker to remember to take your medicine.

## For Tweens and Teens:

- Only take medicines that are prescribed for you.
- Never share your medicine with others.
- Check with a trusted adult before taking any medicine.

## For Caregivers of Young Children:

- Put medicines away as soon as you are done using them.
- Never call medicine "candy".
- Use OTC medicine only if there is a dose available for the child's age and weight on the label.
- Only use the dosing device that comes with the medicine you're giving.
- Child-resistant caps are not "child-proof"; given time, children will get them open.
- Weigh children often—doses are based on weight and will change as the child grows.
- Tell the child's healthcare provider what OTC medicines they take.

## Medicine Disposal:

Unused, unneeded, and expired medicine in the home puts everyone at risk. Clean out your medicine cabinet often. Many local communities have permanent medicine drop-off locations. To safely dispose of medicines at home, mix whole tablets and capsules in a bag or container with dirt, kitty litter, or coffee grounds. Seal the bag or container and throw it away in the trash.