

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



# What you need to know about Poison Proofing the Home

Each year, thousands of children and adults in Maryland experience potentially toxic exposures to common household products such as medicines, cleaning products, personal care products, insect repellents, paints, garden products, and car products. Many of these poisonings happen in the home and can be prevented. The Maryland Poison Center is available 24 hours a day, 7 days a week by calling 1-800-222-1222. Our poison specialists provide treatment advice for poison exposures and also answer any non-urgent questions about poisons.

### **Here are some tips to poison-proof your home and keep you and your family safe:**

- Keep the poison center phone number visible in your home. Program the number in your cell phone. You can reach a poison center anywhere in the United States by dialing 1-800-222-1222.
- Read and follow directions on the label before using medicines and household products.
- Store all potential poisons up, away, and out of sight.
- Put medicines away in a safe place after each dose, even if it will be given again in a few hours.
- Keep all medicines and household products in their original labeled containers, never in a food or drink container.
- Always keep medicine in child-resistant containers. **Child-resistant closures are not “child-proof”; given time, children will get them open.**
- Don’t take medicine in front of children and never call medicine “candy”.
- Teach young children never to touch or put anything in their mouth unless they ask a trusted adult first.
- Never mix household cleaning products together. If you want to use two products, completely rinse away the first product before using the second.
- Know the names of plants in and around your home, and remove ones that are poisonous.