

1-800-222-1222

Poison Experts just a
phone call away!

Saving Lives....Saving
Dollars

First Aid for Poisoning

Poison on the Skin

- Remove contaminated clothing.
- Flood skin with water for 10 minutes, then wash gently with soap and water and rinse.
- Call the MPC

Poison in the Eye:

- Flood eye with luke-warm water from cup, faucet or shower for 15 minutes.
- Call the MPC

Inhaled Poison:

- Get victim to fresh air.
- If possible, open doors and windows.
- Call the MPC

Swallowed Poison:

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

www.mdpoison.com

What you need to know about Poison Safety for Older Adults

Help Is a Phone Call Away

Call the poison center by dialing 1-800-222-1222 as soon as you suspect a mistake has been made with a medicine or household product. **Pharmacists and nurses** answer the call anytime day or night! Confidential, fast and at no cost to you.

The poison center can help with:

- Pill identification
- Medicine mistakes (wrong amount, wrong time, wrong medicine)
- Adverse reactions
- Mishaps with personal care and household products

Safety Tips:

Know Your Medicines

- Know names, reason for use, possible side effects
- Know how and when to use your medicine, how much to use, and for how long
- When given a new medicine, ask if other medicines should be stopped or continued

Keep a Current Medicine List

- Bring list of all medicines to all of your doctor's appointments
- Include prescriptions, over-the-counter medicines, vitamins and supplements

Safe Use of Medicines

- Do not share your medicine with others.
- Use only medicines prescribed for you
- Read the label and follow directions exactly
- Do not take multiple medicines with the same ingredient
- Use daily pill reminders or charts to remember to take your medicine

General Safety

- Keep products in original containers with labels
- Turn on the lights and put on your glasses when using personal care products, household products and medicines

Medicine Disposal

Clean out your medicine cabinet often. The Drug Enforcement Agency (DEA) sponsors Drug Take-Back Days twice a year. Many local communities have permanent drop-off locations. If you must dispose of a medicine at home, follow these steps:

- Mix medicine with coffee grounds, kitty litter, dirt or other similar substance
- Place mixture in a sealable plastic bag
- Throw bag in household trash
- Scratch out all personal information on the prescription label before throwing it in the trash