

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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What you need to know about Babysitting and Poison Safety

You have been hired as a babysitter, congratulations! Babysitting is a wonderful job, but it requires a lot of preparation. It is important that the children you are babysitting for are kept safe from injury, including poisonings.

Children between the ages of one and three years are at the greatest risk of an unexpected poisoning. Toddlers are curious and are always on the move. They learn by touching and tasting. They are attracted to objects, medicines, and liquids that look colorful and smell good. It is important to watch children closely at all times.

Here are some tips to help keep the children you are babysitting poison-safe:

- Make sure all medicines are closed properly and stored up, away, and out of sight of children. The safety cap on medicine bottles keep most children from opening them, but if given enough time, some children will open them.
- Make sure household cleaners are stored up, away, and out of sight of children...preferably locked in a cabinet.
- Ask for a safe place (closet or cabinet) where you can store your backpack or purse. Items such as cosmetics, medicine, and art supplies that may be in your belongings should be kept away from children.
- When playing with children outside, keep them away from plants, berries, and mushrooms.
- Always call the Maryland Poison Center at 1-800-222-1222 as soon as you think a child may have gotten into something they shouldn't have.

Don't be afraid to call the poison center! Parents appreciate a babysitter who knows what to do in an emergency!