

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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POISON
Help
1-800-222-1222

Revised 10/2021

What you need to know about E-Cigarettes and Nicotine

Nicotine is a stimulant drug that has been used for many years in a variety of ways. Below is information on available products, health effects of a nicotine exposure, and tips to prevent unintentional exposures.

Electronic Nicotine Delivery Systems (ENDS)

- Electronic cigarettes, hookah pens, vape pens, and mods
- Heats a liquid until it becomes an aerosol that users inhale
- Products may or may not contain nicotine and other ingredients
- Refillable e-liquids come in flavors like fruit punch, strawberry, mint, and many more
- Refillable e-liquids come in different sized bottles and nicotine strengths

Tobacco

- Cigarettes, cigars, chewing tobacco, and pipe tobacco
- Tobacco is burned to release the nicotine and the smoke is inhaled; nicotine from chewing tobacco is absorbed through the cheek and mouth
- Small children may eat cigarettes and cigarette butts or drink spit juice from a soda can or bottle

Stop Smoking Aids

- Nicotine patches, nicotine gum, and nicotine lozenges
- Contain concentrated amounts of nicotine
- Look like regular chewing gum or mints so children can be easily confused; patches can be mistaken for stickers and placed on the skin

Exposure Symptoms

The symptoms of using too much nicotine vary based on the amount involved.

Mild symptoms from small amounts:

- Nausea
- Dizziness
- Fast heartbeat
- Vomiting
- Tiredness
- High blood pressure

Severe symptoms from large amounts:

- Seizures
- Low blood pressure
- Slow heartbeat

Safety Tips

- Wash hands after working with e-liquids because nicotine can be absorbed through the skin
- Store all nicotine-containing products up, away, and out of sight
- Make sure the child-resistant cap on e-liquids is closed properly after each use

What to do if someone ingests or spills any of the above nicotine containing-products: Call **911** right away if the person is not breathing, is unconscious, or is having a seizure. Otherwise, call the poison center at **1-800-222-1222**. Pharmacists and nurses are available 24 hours a day, 7 days a week to answer your call. They can help you decide if the person can be treated at home or if they need to go to the hospital.

Poison Experts just a phone call away! Saving Lives...Saving Dollars