

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 Hand Sanitizer

## What is in Hand Sanitizer?

Hand sanitizers contain one of two ingredients:

- Body Ethyl alcohol (ethanol)
- Isopropyl alcohol (rubbing alcohol)

The concentration found in hand sanitizers ranges from 45-95%, with the most popular brands containing 60-65%.

## Is Hand Sanitizer Dangerous If Swallowed?

One pump of the bottle will give you approximately ½ teaspoon or 2.5 milliliters (ml) of hand sanitizer.

- Swallowing this pea-sized amount before rubbing it into the hands will not create problems, even for a small child.
- A 30-pound child would need to swallow 7-8 pumps, or four mouthfuls, before requiring medical attention.

Call the poison center if someone swallows hand sanitizer. Our poison experts can do a calculation based on the product's ingredients and the weight of the person to help figure out if medical attention is needed.

## How Can I Keep My Family Safe?

The key to preventing a poisoning with hand sanitizer is proper storage and usage. Follow these tips to help keep loved ones safe:

- Supervise children when using hand sanitizers.
- Teach children that only 1-2 pumps are needed to clean their hands.
- When not in use, store the product up, away, and out of sight.
- Rub hands together until they are dry before touching your eyes, food, or pets.

One ingredient – ethanol – is also found in beer, wine, liquors, and mouthwash. Be aware that some teens and adults may use hand sanitizer to substitute for drinking alcohol. Teens may also dare each other to drink hand sanitizer.

If you suspect someone has swallowed hand sanitizer or gotten it in their eye, contact the Maryland Poison Center right away at 1-800-222-1222. Our pharmacists and nurses are available 24 hours a day, 7 days a week, and are ready to help with poisonings caused by hand sanitizers as well as other products that have been used in the incorrect amount or manner.

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