

**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)



**POISON**  
**Help**  
**1-800-222-1222**

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# What you need to know about Holiday Poison Safety

Poisonings don't take a break for the holidays. The Maryland Poison Center (MPC) offers the following safety information to keep you and your family safe this holiday season:

## Button Batteries and Magnets:

- These are small enough to be swallowed without an adult realizing.
- Button batteries can get stuck in the esophagus and cause internal burns.
- If more than one magnet is swallowed, they can attract to each other and cause damage to the intestines.

## Alcohol:

- Children can mistake cocktails and punch for juice. Do not leave drinks sitting where children can reach them. Clean up drink glasses and punch bowls before going to bed.
- Children who drink alcohol can become sleepy, silly, and wobbly on their feet. Their blood sugar can also drop to very low levels that could lead to coma and death.

## Plants:

- Poinsettias are safe to have in your home. Eating too many leaves may cause stomach upset. Sap may cause a skin rash. Pets may develop mild symptoms with eating smaller amounts.
- Holly berries may cause vomiting and diarrhea if large amounts are eaten.
- Some types of mistletoe berries are poisonous, but most mistletoe found in the United States is non-toxic.
- Eating any part of an amaryllis can cause nausea, vomiting, and diarrhea. The bulb is the most toxic part of the plant.

## Holiday Décor:

- These Family heirloom ornaments and ornaments from other countries may contain lead.
- Icicles, angel hair, and other glass décor items can cause cuts in the mouth and stomach if eaten.
- Bubble lights may contain very toxic liquid. Avoid using if there are small children in the house.

## Lamp Oil and Reed Diffusers:

- Most smell like food so children are tempted to taste.
- If child gasps while swallowing lamp oil it may get in the lungs.

## Food Poisoning:

- Wash hands and counters before preparing food and after handling raw meat, poultry, and seafood.
- Do not leave food at room temperature for more than two hours.
- Watch for signs of food poisoning: fever, headache, diarrhea, stomach pains, nausea, and vomiting.

Call your local poison center at 1-800-222-1222 to speak with a poison expert. They are available 24/7, even on holidays. Calling is always free and confidential.

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