

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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www.mdpoison.com



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