

1-800-222-1222

Poison Experts just a
phone call away!

Saving Lives....Saving
Dollars

First Aid for Poisoning

Poison on the Skin

- Remove contaminated clothing.
- Flood skin with water for 10 minutes, then wash gently with soap and water and rinse.
- Call the MPC

Poison in the Eye:

- Flood eye with luke-warm water from cup, faucet or shower for 15 minutes.
- Call the MPC

Inhaled Poison:

- Get victim to fresh air.
- If possible, open doors and windows.
- Call the MPC

Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit
- Call the MPC

www.mdpoison.com

What you need to know about Medicine Safety

Over 70% of calls to the Maryland Poison Center are about one or more medicine. Use the information below to prevent medicine mishaps with prescription and over-the-counter medicines.

For Everyone:

- Read the label every time a medicine is taken and follow the directions exactly
- Ask questions if your medicine looks different
- Watch for over-lapping ingredients when taking more than one medicine at a time
- Over-the-counter (OTC) medicines are not safer than prescription medicines
- If misused, prescription and OTC medicines can be as dangerous as illicit drugs
- Keep medicines in original containers or in daily pill reminders...never in baggies

For Older Adults:

- Keep an up-to-date list of your medicines to take to doctor appointments and for emergencies
- When given a new medicine, ask if other medicines should be stopped or continued
- Have blood work done when ordered by the doctor
- Put on your glasses and turn on the lights when taking medicine
- Use daily pill reminders or charts to remember to take your medicine

For Tweens and Teens:

- Take only medicines that are prescribed for you
- Check with a parent before taking an over-the-counter medicine
- Never share your medicine with others

For Young Children:

- Put medicines away as soon as you are done using them
- Never call medicine “candy”
- Use OTC medicine only if there is a dose available for your child’s age and weight on the label
- Use the dosing device that comes with the medicine
- Child-resistant caps are not “child-proof”...given time, kids will get them open
- Weigh your child often—doses are based on weight and will change as your child grows
- Let pediatrician know what OTC medicines you are using for your child

Medicine Disposal

Unused, unneeded, and expired medicine in the home puts children, teens, adult and seniors at risk. Clean out your medicine cabinet often. The Drug Enforcement Agency (DEA) sponsors Drug Take-Back Days twice a year. Many local communities have permanent drop-off locations. If you must dispose of a medicine at home, follow these steps:

- Mix medicine with coffee grounds, kitty litter, dirt or other similar substance
- Place mixture in a sealable plastic bag
- Throw bag in household trash
- Scratch out all personal information on the prescription label before throwing it in the trash

Help Is a Phone Call Away

Call the poison center by dialing 1-800-222-1222 as soon as you think someone has taken too much medicine, the wrong medicine, or made another medicine mistake. Pharmacists and nurses answer the call anytime day or night! Confidential, fast and at no cost to you.