

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



What you need to know about Poison Safety for Older Adults

Help Is a Phone Call Away

Call the poison center at 1-800-222-1222 as soon as you suspect a mistake has been made with a medicine, personal care product, or household product.

Pharmacists and nurses answer your call 24 hours a day, 7 days a week!

The poison center can help with:

- Pill identification
- Medicine mistakes (wrong amount, wrong time, wrong medicine)
- Adverse reactions and side effects
- Mishaps with personal care and household products

Safety Tips:

Know Your Medicines

- Know names, reason for use, and possible side effects
- Know how and when to use your medicine, how much to use, and for how long
- When given a new medicine, ask if other medicines should be stopped or continued

Keep a Current Medicine List

- Bring a list of all medicines to all of your healthcare appointments
- Include prescriptions, over-the-counter medicines, vitamins, and supplements

Safe Use of Medicines

- Do not share your medicine with others
- Use only medicines prescribed for you
- Read the label and follow directions exactly
- Do not take multiple medicines with the same active ingredient
- Use daily pill reminders or a medicine tracker to remember to take your medicine

General Safety

- Keep medicines and products in their original containers with labels
- Turn on the lights and put on your glasses when using medicines, personal care products, and household products

Medicine Disposal

Unused, unneeded, and expired medicine in the home puts everyone at risk.

Clean out your medicine cabinet often. Many local communities have permanent medicine drop-off locations. To safely dispose at home, mix whole tablets and capsules in a bag or container with dirt, kitty litter, or coffee grounds. Seal the bag or container and throw it away in your household trash.

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