

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



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# What you need to know about Summer Poison Safety

As the weather warms up and school is out, the Maryland Poison Center (MPC) offers the following safety information to keep you and your family safe:

## 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.

## Plants and Mushrooms:

- Know the names of flowers and plants growing in and around your yard. Refer to the MPC's Common Plants info sheet for more information- [bit.ly/CommonPlants-Info](https://bit.ly/CommonPlants-Info)
- Teach children to ask an adult before putting mushrooms, berries, or any plant part into their mouth.
- Many edible mushrooms have toxic look-a-likes. The only way to identify a wild mushroom is through chemical testing. In general, mushroom foraging should only be done by the very experienced.

## Bites and Stings:

- If bitten by a snake, spider, or tick wash the area well with warm soapy water. Always call the MPC before performing any additional first aid.
- If stung by an insect, remove the stinger if it was left and wash the area with warm soapy water. If stung by a jellyfish, rinse the area with salt water. Always call the MPC before performing any additional first aid.
- More information is available on our Bites and Stings Info Sheet [bit.ly/BiteSting-Info](https://bit.ly/BiteSting-Info)

## Sunscreen and Insect Repellent:

- Do not spray directly on the face; spray onto the hands first, then rub onto the face avoiding the eyes and mouth.
- Do not apply to the hands of young children or around their mouth or eyes.
- Products that combine insect repellent with sunscreen are not recommended for use. Sunscreen must be reapplied during the day, but insect repellents should not be reapplied since it will not wash away in water.

## Tiki Torch Fuel and Lamp Oil:

- Keep these liquids in their original labeled container, never use a food or beverage container.
- Store these products up, away, and out of sight.
- Children and adults may mistake these for juice.

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