

**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 Summer Poison Safety

As the weather warms, the Maryland Poison Center (MPC) offers the following safety information:

## 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 2 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 Poisonous Plant list for more info. [bit.ly/MPCPlantList](http://bit.ly/MPCPlantList)
- Teach children to never put berries or any part of a plant into their mouths.
- Never eat wild mushrooms. Only experts can tell poisonous mushrooms from safe mushrooms.

## Bites and Stings:

- If bitten by a snake, insect or spider wash thoroughly and call the MPC right away.
- More information is available on our Bites and Stings info sheet [bit.ly/2ocnlk8](http://bit.ly/2ocnlk8)

## Sunscreen and Insect Repellent:

- Apply cautiously around eyes and mouth.
- Use separate products because sunscreens need to be applied more frequently than insect repellants.

## Tiki Torch Fuel and Lamp Oil:

- Keep these liquids in their original container and away from children so they are not mistaken for juice.