

## The Basics



### Poison Prevention at Home

#### Advice to Live By

- **Read the label.** Follow directions on medicines and products. If you need to, wear your glasses and turn on the light.
- **Use safety equipment when needed.** Examples are goggles, gloves, and breathing equipment.
- **Store products in their original containers.** If not, someone might eat or drink them by mistake.

- Adults in the U.S. need a Poison Center every **39 seconds**.
- The most dangerous poisonings for adults over age 19 are **medicines**.

#### Be Prepared — Just in Case

- Put the Poison Control Center number on or near your phones.
- Tell everyone in your home where to find the number.
- Call the Poison Control Center right away for any kind of poisoning. Poison experts will tell you what to do.

#### First Aid for Possible Poisonings

IF ...	DO ...	CALL ...
Someone collapses or stops breathing:	→	<b>911</b>
Someone swallows the wrong medicine or too much medicine:	Bring the container to the phone, if possible. →	<b>1-800-222-1222</b>
Someone breathes in a poison:	Get to fresh air right away. →	
Someone gets poison in the eyes:	Rinse eyes with running water for 15 to 20 minutes. →	
Someone swallows something that is not food or medicine:	Drink a small amount of milk or water. →	
Someone gets poison on the skin:	Take off any clothing that the poison touched. Rinse skin with running water for 15 to 20 minutes. →	

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For more information about poison prevention, visit  
[www.1-800-222-1222.info](http://www.1-800-222-1222.info) and [www.aapcc.org](http://www.aapcc.org)



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# Poison Prevention

## Be Aware ... Know the Facts!

**Children aren't the only ones  
at risk from poisoning ...**



Sponsored by the American Association of Poison Control Centers (AAPCC)  
 Brought to you by your local Poison Center  
 24 hours a day/7 days a week  
 Poison Control Center Toll-free Hotline: **1-800-222-1222**

Most people think of children when they think of poisoning. In fact, poisons hurt or kill more adults than children.

Adults are poisoned when they:

- Use household products the wrong way.
- Breathe in or touch chemicals on the job.
- Take too much medicine.
- Take the wrong medicine.

Stay safe from poisons!

Call the Poison Control Center at 1-800-222-1222 to:

- Prevent a poisoning!
- Treat a poisoning!

Read on for more information . . .

## Frequently Asked Questions



### About Poisons and Poisoning

#### What is a poison?

Poisons can hurt you – or even kill you – if you eat them, breathe them in, get them in your eyes, get them on your skin, or get them under or through your skin.

#### What are the most dangerous poisons for adults?

Products and medicines can hurt you if they are used the wrong way, by the wrong person, or in the wrong amount. For example:

- **Drugs** (prescription, non-prescription, herbal, illegal, or animal medicines)
- **Cleaning products** that cause burns (drain opener, toilet bowl cleaner, oven cleaner, rust remover)
- **Auto fluids** (antifreeze, windshield washer solution)
- **Carbon monoxide gas** (leaky furnaces and chimneys, gas stoves and water heaters, generators and space heaters used indoors)
- **Hydrocarbons** (furniture polish, lighter fluid, lamp oil, gasoline, paint thinner, kerosene, turpentine)
- **Pesticides** (weed killers, ant and roach killers, mouse and rat poisons, garden chemicals)
- **Wild mushrooms**

## What is a Poison Control Center?



**1-800-222-1222**

A Poison Control Center is an emergency phone service. For life-saving treatment advice about any kind of poison, call **1-800-222-1222**. A specially-trained nurse, pharmacist, or doctor at your local Poison Control Center will help.

A Poison Control Center also answers questions about poisons and poison prevention. All services are:

- 24 hours a day, 7 days a week.
- *Free* to the public.
- Confidential.
- Available to people with hearing problems.
- Available in languages other than English.

- A call to a Poison Control Center can save you a costly trip to the emergency room!
- Poison Control experts even call back to check on the patient!

### When to Call Your Poison Control Center

Call **1-800-222-1222** . . .

- For help with any kind of poisoning.
- To ask about a poison.
- To ask about preventing poisonings.
- To get phone stickers, magnets, and materials with the Poison Control Center phone number.