



Prevent Poisonings

Poison Prevention Tips:

- > Keep medicines and household products in their original containers, away from food items.
- > Read the labels on all medicines and household products and follow all directions.
- > Regularly dispose of medicines that are expired or you no longer use.
- > Keep medicines and household products: UP. AWAY. And OUT OF SIGHT.
- > Buy products with child-resistant packaging—but remember, nothing is child-proof! That means a child could still open these products if given enough time.
- > Teach children to never put anything in their mouth unless they ask a grown-up.
- > Have a working carbon monoxide detector in your home.

Save the poison
center phone number
in your cell phones and write
it near home phones:
1-800-222-1222.



There are many poison centers across our country. You can reach one by calling 1-800-222-1222 from anywhere in the U.S. Services are available in 240 languages.

**All questions about poisonings
are good questions.**

For more information, visit www.aapcc.org.



Fast. Free. Expert. 24/7,
confidential help.



**Every 12 Seconds,
Someone Calls a
Poison Center.**

**Could you be next?
Know who to call.**



Fast. Free. Expert. 24/7,
confidential help.

What is POISON?

Almost anything can be poisonous if it's used:

- The wrong way
- In the wrong amount, OR
- By the wrong person.

Some Potential Poisons



Medicines (*prescription, over-the-counter, herbal*)



Alcohol and street drugs



Products in your home (*cosmetics, essential oils, shampoo, bleach, bug or weed killers, antifreeze, etc.*)



Chemicals at your job



Bites and stings



Mushrooms and plants



Fumes and gases

We often only think of children getting poisoned—but poison centers help people of all ages every single day.

How do Poison Centers Help?

Poisonings can happen to **anyone**, so poison centers are for **everyone**.

We help you right away, anytime.

We answer your phone calls 24 hours a day, 7 days a week, 365 days a year. We give **free, fast** advice right when you need it.

We give expert advice.

Every call is answered by a medical expert—you will speak with a nurse, pharmacist, doctor, or other highly-trained poison expert.

We save you time and money.

More than 7 out of 10 people who call their poison center get the help they need right where they're calling from—saving them a trip to a doctor or hospital.

We keep your calls confidential.

Just like with your doctor, your health information is safe with us.

We speak your language.

We can help in more than 150 languages and also have services for the hard of hearing.

We help doctors too.

When hospitals or doctors need help treating poisonings and overdoses, they call us.

We are the poison experts.
Life happens—our job is to help you stay safe.

If You Suspect a Poisoning

If you think someone has been poisoned, **call 1-800-222-1222** right away. Serious poisonings don't always have early signs. If you aren't sure, call anyway.

Call 911 right away if a person:

- ✓ **Stops breathing**
- ✓ **Collapses, or**
- ✓ **Has a seizure**



Call your poison center first:
1-800-222-1222.



Poison in the eyes? Rinse eyes with running water.



Poison on the skin? Take off any clothing that the poison touched. Rinse skin with running water.



Breathed in poison? Get to fresh air right away.



Swallowed poison? Gently wipe out mouth and give a small amount of water. Do not try home remedies or try to make someone throw up.