

# Call a Poison Control Center as Soon as You Suspect a Poisoning

**Poison Control Center Phone:** \_\_\_\_\_

## BE PREPARED TO TELL THE POISON CONTROL CENTER:

- what's on the label of the substance ingested.
- how much was ingested.
- when it was ingested.
- what the victim's condition is.

## WHAT THE POISON CONTROL CENTER MAY TELL YOU:

- Induce vomiting. Give the victim a spoonful of syrup of ipecac, available from any pharmacy. (*Always have a bottle on hand. Don't use salt water, vinegar, strong tea or a finger or spoon handle down the throat unless told to do so by a poison control expert.*)
- Do not induce vomiting. Some substances can burn the victim's throat and lungs when brought back up. Instead, you may be told to have the victim drink water or milk. Then, either phone for an ambulance or drive the victim to a hospital emergency department.
- If the victim is unconscious, start rescue breathing. If there's no pulse and you're trained in CPR, start that technique.

## SYMPTOMS OF POISONING:

*Don't wait for symptoms before calling a poison control center. Look for:*

- open drugs, chemicals out of place or a partially eaten leaf.
- stains or odors on clothes or skin.
- sudden changes in behavior, such as drowsiness, pain or nervousness.

*Once symptoms appear they may include:*

- |                      |                                  |                   |
|----------------------|----------------------------------|-------------------|
| change in skin color | drowsiness                       | shallow breathing |
| convulsions          | nausea                           | stomach pain      |
| dizziness            | redness on hands, face or throat | unconsciousness   |

## POTENTIALLY POISONOUS DRUGS AND NUTRITIONAL SUPPLEMENTS:

alcoholic beverages	hormone preparations
antibiotics	iron supplements
antihistamines	laxatives
aspirin or aspirin substitutes	painkillers
cold medicine	sedatives
cough medicine	sleeping pills
deep-heating ointment	tranquilizers
diet pills	vitamins

*Never call medicine "candy" or say "it tastes good" to get children to take it.*

- Throw out all expired prescription and over-the-counter medicines and containers on a regular basis.
- Throw out medicines that have crumbled or have a changed odor or color.
- Leave all unexpired medicines in their original containers with their labels intact.
- Ask for and buy only medicines with safety caps.
- Don't give or take medicines in the dark.
- Keep nonfood products, even vitamins, away from where food is stored or prepared.

## POTENTIALLY POISONOUS PERSONAL PRODUCTS:

after-shave lotion	mouthwash
cologne	perfume
cosmetics	suntan lotion
deodorant	sunscreen
moisturizer	

- Teach young children to always ask you before putting anything in their mouths: *"Even things that look good or smell good can hurt you."*

## COMMON POISONOUS PLANTS:

azalea	poinsettia
daffodil	poison ivy
dieffenbachia	poison oak
holly	poison sumac
mistletoe	poisonous mushrooms
oleander	rhododendron
philodendron	

*All plants with a creamy or milky sap are probably poisonous, except dandelions.*

- If you're directed to the nearest hospital, bring a sample of the suspected plant. If an ambulance is sent, give the plant sample to the ambulance attendants.
- Avoid all wild mushrooms.

## POTENTIALLY POISONOUS HOUSEHOLD PRODUCTS:

ammonia	laundry detergent
antiseptics	lighter fluid
bleach	lye
cleanser	paint
deodorizer	polish
dishwasher detergent	rat poison
dish-washing liquid	rubbing alcohol
drain opener	soaps
garden chemicals	solvents and thinners
gasoline	spray cans
glass cleaner	stain
glue	toilet bowl cleaner
hydrogen peroxide	
insecticide	

*Almost all household substances are poisonous if used improperly, taken in large amounts or taken by small children.*

- Never leave children unattended around household products, even to answer the phone.
- Avoid using products containing lead or lead-based paint.
- Keep household products in out-of-reach cabinets with childproof locks on them, not under the sink or at toddler reaching level.
- Always read cautions on labels.
- Never use food containers to hold poisonous products.



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