

# Poisoning

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**The national poison center toll-free telephone number is 1-800-222-1222. This number connects you to the nearest poison center in your area. Bring the product or bottle to the phone so you can read the label to the staff at the center. They'll want to know: what was taken; how much was taken; when it was taken; age and weight of the person.**

## *WHAT IS A POISON?*

- ✦ A poison is something that makes you sick or hurts you if you eat, drink, touch or smell it.
- ✦ Poisons can be SOLID. Solid poisons can be chunky and chewy like pills, batteries, plants and berries.
- ✦ Poisons can be LIQUID. Liquid poisons can be creamy, blobby, or like water. They can be any color. Examples of liquid poisons include floor cleaners, antifreeze, cough syrup (if taken in excess) and lamp oil.
- ✦ Poisons can be SPRAYS. They can be in a spray can or bottle. The spray can get in your eyes or in your lungs if you breathe it. Examples of spray poisons are furniture polish, hair spray, air freshener and bug spray
- ✦ Poisons can be INVISIBLE. You can't see, smell or touch it. Invisible poisons can be found almost anywhere. It can be mixed in with smoke or can come out of the exhaust system of a motor vehicle or bus when the engine is running.

## *WHAT DOES A POISON LOOK LIKE?*

- ✦ A poison can come in pretty colors.
- ✦ It can come in any shape and size.
- ✦ It can smell good--or bad.
- ✦ It can also appear to taste good.
- ✦ A poison can even look like something good to eat or drink.

## *HOW CAN YOU GET POISONED?*

- ✦ You can get poisoned by eating, drinking, touching, smelling or inhaling something that can make you sick or hurt you.
- ✦ Some things like medicine, can make you sick if you take the wrong kind or if you take too much.
- ✦ For children, always ask a grown up before taking medicine.
- ✦ For adults, make sure that the medicine you'll be taking is correct and also that the dosage is correct.

### *WHERE ARE POISONS FOUND?*

- ✚ Poisons are everywhere.
- ✚ They can be found in your garage, in your kitchen, in your bathroom, or in any room in your home.
- ✚ They can even be found in Grandma's purse! Poisons can be found outside, like some plants, berries and mushrooms.

### *WHAT CAN YOU DO IF SOMEONE GETS POISONED?*

- ✚ When a poisonous substance is swallowed, DO NOT give the child anything to eat or drink. Call the Poison Center immediately.
- ✚ If the substance touches your child's skin or gets in his or eye, wash the area with warm water for 20 minutes.
- ✚ If the child breathes in the poison, get him or her into fresh air for 20 minutes.

### *HOW CAN YOU STAY SAFE FROM POISON?*

- ✚ Keep all medicines, poisons and household chemicals away from food
- ✚ Never put medicines, chemicals, plants or berries in their your mouth
- ✚ At an early age, warn children that some pretty things like vitamins and aspirin can hurt them
- ✚ Never store poison in food or beverage containers.
- ✚ Read all labels. Follow the instructions and measure carefully.
- ✚ Do not take medicine in front of children since they like to copy adults. Never call medicine "candy" to get a child to take it.
- ✚ Never carry medicine in your purse or diaper bag because children like to play with them.
- ✚ Remember: Children CAN open childproof containers.
- ✚ Never siphon liquids (like gasoline) from one container to another.
- ✚ Keep windows/doors open or run fans when using cleaning products
- ✚ Protect skin and eyes with goggles and gloves when using insect killers, solvents, garden spray, etc.
- ✚ Do not eat or serve foods that smell or look spoiled. Keep hot foods hot and cold foods cold.
- ✚ Do not use syrup of ipecac unless someone at the Poison Center tells you to!
- ✚ Work together with your child and family to put Mr. Yuk stickers on dangerous substances