Poison centers give expert advice fast, over the phone. We can help you and your family with poison emergencies and with questions about poisoning.

You can call day or night, 7 days a week, any day of the year. Nurses, pharmacists, doctors, and other poison experts will answer your call.

> We can help you in more than 150 languages or if you are hearing impaired.

There are many poison centers across our country. You can reach a poison center by calling **1-800-222-1222** from anywhere in the US.

> How Does Your Poison Center Help You?

### **First Aid for Poisoning**

#### If a person

- ✓ stops breathing
- ✓ collapses, or
- ✓ has a seizure

### Call 911 right away.

### Poison in the eyes?

Rinse eyes with running water. Call your poison center at 1-800-222-1222.

#### Poison on the skin?

Take off any clothing that the poison touched. Rinse skin with running water. Call your poison center at 1-800-222-1222.

### Inhaled poison?

Get to fresh air right away. Call your poison center at 1-800-222-1222.

### Swallowed poison?

Call your poison center at 1-800-222-1222.

**Do not** try home remedies or try to make someone throw up. Call your poison center first.

For more information visit www.aapcc.org or call your local poison center.

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## YOUR POISON CENTER



Every 8 seconds someone needs a poison center... **Could you be next?** 



Free, Fast, Expert Help. 24 hours a day, 7 days a week

### **Do You Know?**

We often think of children getting poisoned. But most people who die from poisons are adults! Poisoning is a danger for all of us.



Almost anything can be poisonous if it's used the wrong way, in the wrong amount, or by the wrong person.

#### Some poisons are:

- medicines (prescription, over-thecounter, herbal) and street drugs
- products in your home like shampoo, bleach, bug and weed killers, antifreeze, and lamp oil
- chemicals at your job
- bites and stings
- mushrooms and plants
- fumes and gases

Taking the wrong amount of medicine or someone else's medicine, accidentally eating dishwasher soap, mixing cleaners, or having too much alcohol to drink could lead to poisoning.

### Why Should You Call?

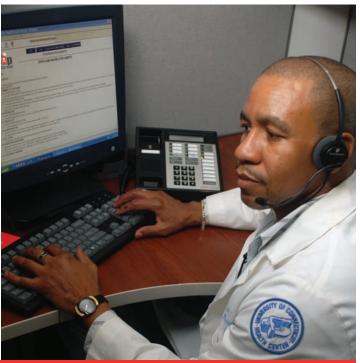
Poisonings can happen to anyone and poison centers are for everyone. The call is free and private.

### We Help You Save Money and Time:

Seven of ten people who call their poison center get help over the phone. They don't have to go to a doctor or hospital.

### Your Doctor Calls the Poison Center Too:

When doctors and nurses need help treating poisonings, they call their local poison center. *We are the experts.* 



# 1-800-222-1222

### **Poison Prevention Tips**

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

- Put 1-800-222-1222 in your cell phone and near home phones.
- Keep medicines and household products in their original containers and in a different place than food.
- Always read the label and follow any directions.
- Keep household products and medicines locked up. Put them where kids can't see them or reach them.
- Buy products with child-resistant packaging. But remember, nothing is child-proof!
- Never call medicine "candy." Poisons may look like food or drink. Teach children to ask an adult before tasting anything.
- Learn about products and drugs that young people use to get "high." Talk to your teen or pre-teen about these dangers.
- Have a working carbon monoxide alarm in your home.

### Free, Fast, Expert Help. 24 hours a day, 7 days a week.