

EMERGENCY ACTION FOR POISONING

FIRST STEPS AFTER AN ACCIDENTAL EXPOSURE

WHAT DO I DO?

- **REMAIN CALM**
- For **UNCONSCIOUS** patients, **CONVULSIONS**, or, **DIFFICULTY BREATHING** call **9-1-1**
- Otherwise call the Poison Control Center **TOLL FREE NUMBER**
- **1-800-222-1222**

INFORMATION THE POISON CENTER SPECIALIST WILL NEED

- **AGE** and **WEIGHT** of the person.
- **WHAT** was ingested. Have the bottle or container with you.
- **HOW MUCH** was taken. This will help the Poison Center Specialist determine the severity of the incident.
- **HOW** the victim is feeling or acting right now.
- Your **NAME** and **PHONE #**.

EYE— Flood the eye with lukewarm water for 15 minutes. Encourage patient to blink while flushing the eye. Do not force the eyelid open.

SWALLOWED MEDICINE— Do not give anything by mouth until after calling for advice.

CHEMICAL OR HOUSEHOLD PRODUCTS—Unless the patient is unconscious, having convulsions, or cannot swallow—give a small amount of water. **DO NOT induce vomiting. Call the Poison Center and follow their advice.**

INHALED— Immediately get patient to fresh air. Avoid breathing fumes. Open doors and windows. If victim is not breathing, call out for help and start assisted (mouth to mouth) breathing, then call 911.

SKIN—Remove contaminated clothing and flood skin with water for 15 minutes. Then wash gently with soap and water and rinse.

POISON-PROOF YOUR HOME: A Checklist

- Are all household chemicals and medicines in their original containers?
- Are they kept out of children's reach in locked cabinets?
- Are they stored away from food and beverages?
- Are child-resistant caps securely closed?
- Have you safely disposed of all out of date prescriptions and over the counter medicine?
- Are all chemicals in the garage in locked cabinets?

Following these guidelines strictly can help prevent someone in your home from getting hurt. Keeping products in their original containers ensures that proper first-aid advice is given and that correct use or dosage is available. Storing chemicals securely, away from food items and out of food containers, will help prevent someone from getting products confused and accidentally swallowing a poison.

GUIDE FOR PLANT SAFETY

PLANT SAFETY TIPS

- A leaf can obstruct an infants airway
- Never chew on jewelry made from seeds or beans
- Be aware that teas and plant extracts may contain concentrated amounts of toxic substances.

MUSHROOMS

Poisonous mushrooms are very difficult to identify and even mushrooms growing in the lawn can be poisonous. If anyone should eat a wild mushroom, call the Poison Center at once, even if the person feels well.

KNOW YOUR PLANTS

Plant ingestions account for many accidental poison exposures. The following list of poisonous and non-poisonous plants is intended to help you select safe plants and keep those that can be harmful away from children and pets. Although the "good guys" are CURRENTLY considered safe, it would be wise to check with your local Poison Center. If you have a plant whose name you do not know or are unsure of, take a sample to your local plant nursery to have it properly identified.

The Bad Guys (Poisonous Plants)

Some of these plants are much more toxic than others. Call the Poison Center for specific information.

Aloe Vera	American Ivy-berry
Arrowhead Vine	Azalea
Boston Ivy	Buttercup
Calla Lily	Daffodil Bulb
Dieffenbachia	English Ivy
Ficus	Benjamin Sap
Four O'Clock	Foxglove
Holly Berry	Rhododendron
Hydrangea	Iris
Jimson Weed	Mistletoe
Oleander	Lilly-of-the-Valley
Philodendron	Pokeweed
Morning Glory Seed	Rhubarb Leaves
Tomato Leaves	Wisteria
Seeds/Pits—Almond, Apple, Cherry, Peach, Pear, Plum	

The Good Guys (Non-Poisonous Plants)

African Violet	Kalanchoe
Baby Tears	Maidenhair Fern
Bachelor's Button	Marigold
Boston Fern	Nasturtium
Bougainvillea	Orchid (common)
Bromeliad Family	Palm:
Camellia	Bamboo
Coleus	Paradise
Dahlia	Petunia
Easter Lily	Piggy-back Plant
Fuschia	Prayer Plant
Grape Ivy	Rose
Hibiscus	Spider Plant
Ice Plant	Snapdragon
Jade Plant	Zinnia