The Basics

Poison Prevention at Home

Advice to Live By

• **Read the label.** Follow directions on medicines and products. If you need to, wear your glasses and turn on the light.
• **Use safety equipment when needed.** Examples are goggles, gloves, and breathing equipment.
• **Store products in their original containers.** If not, someone might eat or drink them by mistake.

Be Prepared — Just in Case

• Put the Poison Control Center number on or near your phones.
• Tell everyone in your home where to find the number.
• Call the Poison Control Center right away for any kind of poisoning. Poison experts will tell you what to do.

First Aid for Possible Poisonings

<table>
<thead>
<tr>
<th>IF . . .</th>
<th>DO . . .</th>
<th>CALL . . .</th>
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</thead>
<tbody>
<tr>
<td>Someone collapses or stops breathing:</td>
<td></td>
<td>911</td>
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<tr>
<td>Someone swallows the wrong medicine or too much medicine:</td>
<td>Bring the container to the phone, if possible.</td>
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<td>Someone breathes in a poison:</td>
<td>Get to fresh air right away.</td>
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<tr>
<td>Someone gets poison in the eyes:</td>
<td>Rinse eyes with running water for 15 to 20 minutes.</td>
<td>1-800-222-1222</td>
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<tr>
<td>Someone swallows something that is not food or medicine:</td>
<td>Drink a small amount of milk or water.</td>
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<tr>
<td>Someone gets poison on the skin:</td>
<td>Take off any clothing that the poison touched. Rinse skin with running water for 15 to 20 minutes.</td>
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</tbody>
</table>

For more information about poison prevention, visit [www.1-800-222-1222.info](http://www.1-800-222-1222.info) and [www.aapcc.org](http://www.aapcc.org).

This program was supported by Cooperative Agreement Number U50/CCU317503-03 from the U.S. Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Centers for Disease Control and Prevention.

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What is a Poison Control Center?

A Poison Control Center is an emergency phone service. For life-saving treatment advice about any kind of poison, call 1-800-222-1222. A specially-trained nurse, pharmacist, or doctor at your local Poison Control Center will help.

A Poison Control Center also answers questions about poisons and poison prevention. All services are:

- 24 hours a day, 7 days a week.
- Free to the public.
- Confidential.
- Available to people with hearing problems.
- Available in languages other than English.

When to Call Your Poison Control Center

Call 1-800-222-1222 . . .

- For help with any kind of poisoning.
- To ask about a poison.
- To ask about preventing poisonings.
- To get phone stickers, magnets, and materials with the Poison Control Center phone number.

Stay safe from poisons!
Call the Poison Control Center at 1-800-222-1222 to:

- Prevent a poisoning!
- Treat a poisoning!

Read on for more information . . .