

1-800-222-1222

Poison Experts just a  
phone call away!

Saving Lives....Saving  
Dollars

## First Aid for Poisoning

### Poison on the Skin

- Remove contaminated clothing.
- Flood skin with water for 10 minutes, then wash gently with soap and water and rinse.
- Call the MPC

### Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet or shower for 15 minutes.
- Call the MPC

### Inhaled Poison:

- Get victim to fresh air.
- If possible, open doors and windows.
- Call the MPC

### Swallowed Poison:

- Gently wipe out mouth and give a small amount of water.
- Do not make the person vomit
- Call the MPC

www.mdpoison.com

# What you need to know about E-Cigarettes & Nicotine

Nicotine is a stimulant drug that has been used for many years in a variety of ways. Below is information on the available products, health effects of nicotine exposure and tips to prevent unintentional exposures.

## Electronic Nicotine Delivery Systems (ENDS)

- Electronic cigarettes, hookahs, vape pens and mods
- Heats a liquid until it becomes a vapor that users inhale
- Liquids may or may not contain nicotine
- Liquids come in different sized bottles and different nicotine strengths
- Come in flavors like fruit punch, strawberry, chocolate, mint, bubble gum and many more

## Tobacco

- Cigarettes, cigars, chewing tobacco and pipe tobacco
- Tobacco is burned to release the nicotine and the smoke is inhaled; nicotine from chewing tobacco is absorbed through the cheek and mouth
- Small children may eat cigarettes and cigarette butts and drink spit juice from a soda can or bottle

## Stop Smoking Aids

- Nicotine patches, nicotine gum, nicotine lozenges
- Contain concentrated amounts of nicotine
- Look like chewing gum and mints so children can be easily confused; patches can be mistake for stickers and place on the skin

## Health effects:

The symptoms of nicotine toxicity vary based on the amount that has been swallowed

### Mild symptoms from small amounts

- Nausea
- Vomiting
- Dizziness
- Drowsiness
- Fast or racing heartbeat and high blood pressure

### Severe symptoms from large amounts

- Seizures
- Slow heartbeat and low blood pressure

## Precautions:

- Wash hands after working with e-liquids because nicotine can be absorbed through the skin
- Store all nicotine containing products out of sight and reach of young children
- Make sure the child-resistant cap on e-liquids is on properly after use



## What to do if someone ingests or spills any of the above nicotine containing-products:

Call the poison center at **1-800-222-1222**. Pharmacists and nurses are available 24 hours a day, 7 days a week to answer your call. They can help you decide if the person can be treated at home or if they need to go to the hospital. **Call 911 right away if the person is not breathing, is unconscious or is having a seizure.**