

1-800-222-1222

## First Aid for Poisoning

### Swallowed Poison:

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

### Poison on the Skin:

- Remove contaminated clothing and jewelry.
- Rinse skin with lukewarm water for 10 minutes.
- Call the poison center.

### Poison in the Eye:

- Flush the eye with lukewarm water from cup, faucet, or shower for 15 minutes.
- Do not force the eyelid open.
- Call the poison center.

### Inhaled Poison:

- Get the person to fresh air.
- Open doors and windows.
- Call the poison center.

## Stay Connected

[www.mdpoison.com](http://www.mdpoison.com)



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# What you need to know about Insect Repellents

It is important to follow some simple rules to keep you and your family safe while using insect repellents. Always read and follow the directions on the label.

## DEET-containing Products

- DEET is one of the most common ingredients in insect repellents.
- Products for use on the skin have 4-100% DEET.
- Children over the age of two months can use a product with 10-30% DEET.
- Never use DEET on children under the age of two months.
- The DEET percentage relates to the amount of time it is most effective. For example, DEET 10% protects for two hours, while DEET 30% protects for five hours. Choose a repellent that will protect you for the amount of time you will be outdoors.
- DEET-containing products should be washed off when you come inside.
- Severe skin rashes, nausea, vomiting, and seizures may occur if label directions are not followed.
- Products that combine DEET with a sunscreen are not recommended for use. Sunscreen must be reapplied during the day, but DEET should not be reapplied since it will not wash away in water.

## DEET Alternatives

- Picaridin provides long lasting protection from insect bites and there are no age restrictions.
- Products containing oil of lemon eucalyptus and IR3535 are available.
- Permethrin-containing products should never be used on the skin. Only use on clothing and gear, such as boots, pants, socks, and tents.

## Safety Tips

- Do not apply to skin that has cuts, wounds, or is irritated.
- Do not apply to the hands of young children or around their mouth or eyes.
- Do not spray directly on the face; spray onto the hands first, then rub onto the face.
- Do not allow young children to apply insect repellents to themselves.
- Do not apply to skin under clothing; applying on top of clothing is safe.
- Do not use more than directed on the label.
- Do not spray in an enclosed area or near food.

Contact the Maryland Poison Center at 1-800-222-1222 right away if any insect repellent is ingested or gets in the eyes.

Poison Experts just a phone call away! Saving Lives...Saving Dollars