

**1-800-222-1222**

### **First Aid for Poisoning**

#### **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.

#### **Swallowed Poison:**

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

### **Stay Connected**

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



# What you need to know about Poison Safety for Older Adults

## **Help Is a Phone Call Away**

Call the poison center at 1-800-222-1222 as soon as you suspect a mistake has been made with a medicine, personal care product, or household product.

**Pharmacists and nurses** answer your call 24 hours a day, 7 days a week!

## **The poison center can help with:**

- Pill identification
- Medicine mistakes (wrong amount, wrong time, wrong medicine)
- Adverse reactions and side effects
- Mishaps with personal care and household products

## **Safety Tips:**

### **Know Your Medicines**

- Know names, reason for use, and possible side effects
- Know how and when to use your medicine, how much to use, and for how long
- When given a new medicine, ask if other medicines should be stopped or continued

### **Keep a Current Medicine List**

- Bring a list of all medicines to all of your healthcare appointments
- Include prescriptions, over-the-counter medicines, vitamins, and supplements

### **Safe Use of Medicines**

- Do not share your medicine with others
- Use only medicines prescribed for you
- Read the label and follow directions exactly
- Do not take multiple medicines with the same active ingredient
- Use daily pill reminders or a medicine tracker to remember to take your medicine

### **General Safety**

- Keep medicines and products in their original containers with labels
- Turn on the lights and put on your glasses when using medicines, personal care products, and household products

### **Medicine Disposal**

Unused, unneeded, and expired medicine in the home puts everyone at risk.

Clean out your medicine cabinet often. Many local communities have permanent medicine drop-off locations. To safely dispose at home, mix whole tablets and capsules in a bag or container with dirt, kitty litter, or coffee grounds. Seal the bag or container and throw it away in your household trash.

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