

**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)



**POISON**  
**Help**  
**1-800-222-1222**

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# What you need to know about Winter Poison Safety

With the winter chill in the air, the Maryland Poison Center (MPC) offers the following safety information to keep you and your family safe:

## Carbon Monoxide (CO):

- A colorless, odorless, and poisonous gas.
- Signs and symptoms of CO poisoning mimic the flu.
- Common sources of CO: gas and oil furnaces, wood and gas stoves, fireplaces, portable generators and heaters, gas and charcoal grills, and vehicles.
- Never use grills or generators indoors, in the garage, or near windows or doors.
- CO alarms are recommended in all homes.

## Cough and Cold Medicines:

- Read the label with every use and follow directions exactly.
- If taking more than one medicine, make sure none of the active ingredients are the same.
- Put medicine up, away, and out of sight of children after every use.
- Do not use adult medicine for children unless instructed to by their health care provider.

## Antifreeze and Windshield Washer Fluid:

- As little as one mouthful in a child or adult can require treatment in an emergency department.
- Store in original labeled containers so they are not mistaken for juice or soft drinks because of its color and sweet taste.
- Make sure all puddles or spills are cleaned up right away so pets don't lick it up.

## Ice Melt

- Ingesting a small amount of is not dangerous, but ingesting large quantities can cause symptoms.
- Store it up, away, and out of sight between uses.

Call your local poison center at 1-800-222-1222 to speak with a poison expert. They are available 24/7, even on holidays. Calling is always free and confidential.

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