Prevent Poisonings at Home

- Keep medicines and household products in their original containers and away from food items.
- Read the labels on all medicines and household products carefully, and follow all directions. Turn on the lights and put on your glasses if needed.
- Regularly dispose of medicines that have expired or are no longer needed.
- Store medicines and household products up, away, and out of sight, preferably locked.
- Use child-resistant containers whenever possible, and remember: nothing is child proof.
- Never call medicine "candy." Poisons may look like food or drinks. Teach children to never put anything in their mouth unless they ask a trusted grown-up.
- Have a working carbon monoxide detector in your home.

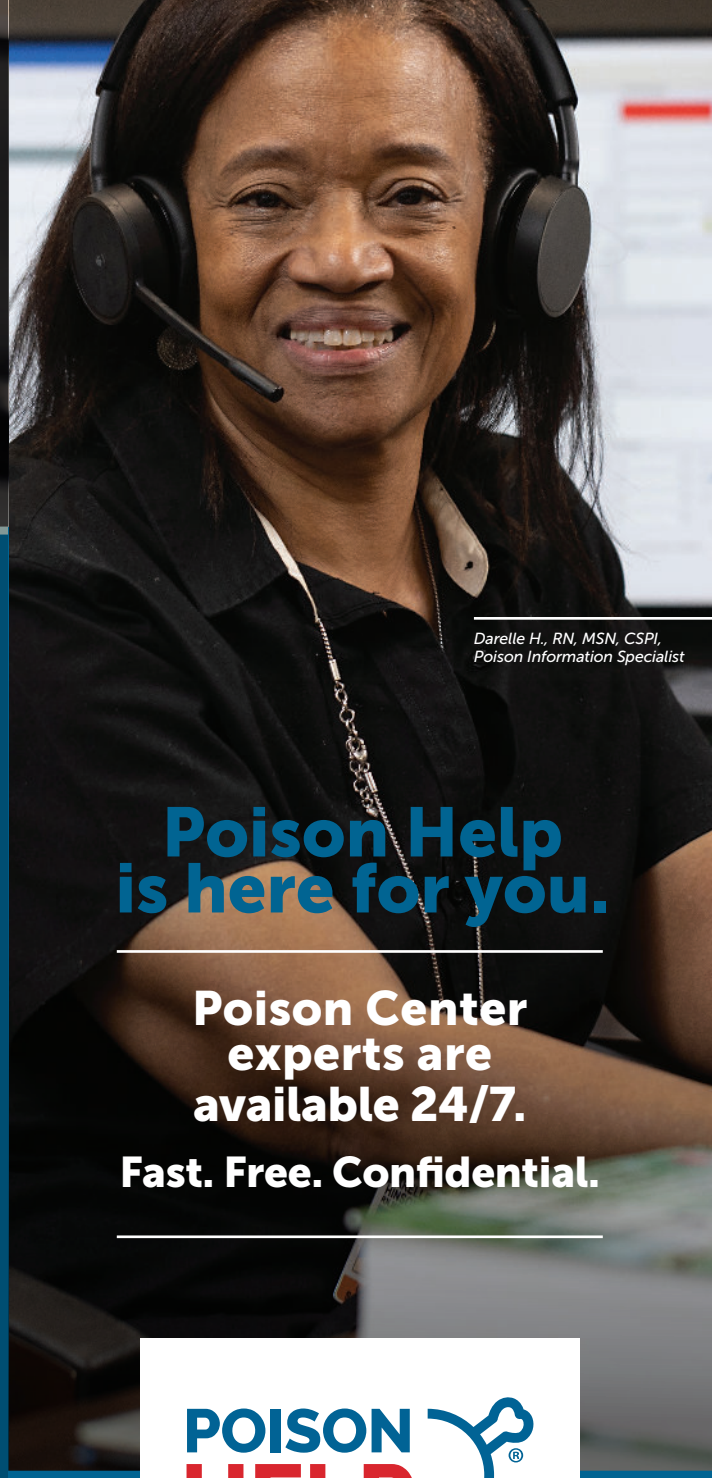
Be prepared. Save the Poison Help line (1-800-222-1222) to your phone.

Scan the QR code to download now.

About America's Poison Centers

America's Poison Centers represents the 54 accredited Poison Centers across the country. Through the national Poison Help line (1-800-222-1222) our member centers provide all Americans expert advice. We also maintain the National Poison Data System© (NPDS), our nation's only near real-time poisoning data surveillance system, integrating the latest information from across Poison Centers. We are united in our cause to prevent poison-related health emergencies in America.

POISON HELP®
1-800-222-1222



Darelle H., RN, MSN, CSPI, Poison Information Specialist

Poison Help is here for you.

Poison Center experts are available 24/7.

Fast. Free. Confidential.

POISON HELP®
1-800-222-1222

What is a Poison?

Almost anything can be a poison if it is used in the wrong way, wrong amount, or by the wrong person. Poisons can harm us when swallowed, inhaled, injected, or in contact with the skin or eyes. Symptoms of poisoning can vary from mild to life-threatening.

Who is at Risk for Poisoning?

Poisoning is a danger for all of us. It can happen at any age.

What are Common Poisons?

- Medications (prescription, over-the-counter, vitamins, supplements)
- Personal care products (cosmetics, mouthwash, soap)
- Chemicals (pesticides, cleaners, automotive products)
- Fumes and gases (carbon monoxide)
- Alcohol and drugs
- Bites and stings
- Mushrooms and plants

Call Poison Help at 1-800-222-1222 to reach your local poison center.

Why Should You Call Poison Help?

Poisonings can happen to anyone, anywhere

Calling the Poison Help line connects you to one of the 54 local poison control centers across the country–24 hours a day, 7 days a week, 365 days a year.

Expert advice

Every call is answered by a nurse, pharmacist, doctor, or other trained poison specialist.

Save time and money

More than 7 out of 10 people who call their poison center get the help they need right away—saving them a trip to a health care provider or facility.

Calls are confidential

Just like with your health care provider, your health information is safe with us.

Services that speak your language

We can help in more than 100 languages and have services for the hard of hearing.

Help for health care professionals

Doctors, nurses, pharmacists, and first responders call us when they need help treating poisonings and overdoses.

You have questions, we have answers

All questions about poisons are good questions. Call the Poison Help line to be connected to your local poison control center.

Poisonings don't always have early signs.

If You Suspect a Poisoning

- Call 911 right away if a person:
  - Stops breathing
  - Will not wake up, or
  - Has a seizure
- Call the Poison Help line immediately at 1-800-222-1222 for 24/7 expert advice.

First Aid for Poisonings

Swallowed poison?

Gently wipe out the mouth and drink a small amount of water. Do not try home remedies or try to make someone throw up.

Inhaled poison?

Get to fresh air right away.

Poison on the skin?

Remove any clothing and jewelry around the area of exposure. Rinse the skin with room temperature running water.

Poison in the eyes?

Rinse eyes with room temperature running water.

After providing first aid, call Poison Help at 1-800-222-1222.