

# POISONING

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## YOUNG CHILDREN MAY BE POISONED BY:

- Cosmetics
- Personal care items such as shampoo, body lotions and perfume
- Cleaning solutions, including laundry detergent pods
- Plants
- Foreign bodies such as watch or button batteries

## SYMPTOMS:

- Burns or redness around the mouth and lips
- Breath that smells like chemicals, such as gasoline or paint thinner
- Vomiting
- Difficulty breathing
- Drowsiness
- Confusion or other altered mental status

## WHEN TO CALL FOR HELP:

- Drowsy or unconscious
- Having difficulty breathing or has stopped breathing
- Uncontrollably restless or agitated
- Having seizures
- Known to have taken medications, or any other substance, intentionally or accidentally overdosed (in these situations the poisoning typically involves larger amounts, often along with alcohol).

## FIRST AID:

- **Swallowed poison:** Remove anything remaining in the person's mouth. If the suspected poison is a household cleaner or other chemical, read the container's label and follow instructions for accidental poisoning.
- **Poison on the skin:** Remove any contaminated clothing using gloves. Rinse the skin for 15 to 20 minutes in a shower or with a hose.
- **Poison in the eye:** Gently flush the eye with cool or lukewarm water for at least 15 minutes or until help arrives.
- **Inhaled poison:** Get the person into fresh air as soon as possible.
- If the person vomits, turn his or her head to the side to prevent choking.
- Begin CPR if the person shows no signs of life, such as moving, breathing or coughing.
- Call Poison Help at 800-222-1222 in the United States or your regional poison control for additional instructions.
- Have somebody gather pill bottles, packages or containers with labels, and any other information about the poison to send along with the ambulance team.