

Poison centers give expert advice fast, over the phone. We can help you and your family with poison emergencies and with questions about poisoning.

You can call day or night, 7 days a week, any day of the year. Nurses, pharmacists, doctors, and other poison experts will answer your call.

We can help you in more than 150 languages or if you are hearing impaired.

There are many poison centers across our country. You can reach a poison center by calling **1-800-222-1222** from anywhere in the US.

## First Aid for Poisoning

### If a person

- ✓ stops breathing
- ✓ collapses, or
- ✓ has a seizure

### Call 911 right away.

#### Poison in the eyes?

Rinse eyes with running water.  
Call your poison center at 1-800-222-1222.

#### Poison on the skin?

Take off any clothing that the poison touched. Rinse skin with running water.  
Call your poison center at 1-800-222-1222.

#### Inhaled poison?

Get to fresh air right away.  
Call your poison center at 1-800-222-1222.

#### Swallowed poison?

Call your poison center at 1-800-222-1222.  
**Do not** try home remedies or try to make someone throw up. Call your poison center first.

For more information visit [www.aapcc.org](http://www.aapcc.org) or call your local poison center.

 **UNM** | NEW MEXICO POISON AND DRUG INFORMATION CENTER  
COLLEGE of PHARMACY



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# NEW MEXICO POISON AND DRUG INFORMATION CENTER



Every 8 seconds someone  
needs a poison center...  
**Could you be next?**

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

Free, Fast,  
Expert Help.  
24 hours a day,  
7 days a week



**How Does  
Your Poison  
Center  
Help You?**

## Do You Know?

We often think of children getting poisoned. But most people who die from poisons are adults! Poisoning is a danger for all of us.



Almost anything can be poisonous if it's used the wrong way, in the wrong amount, or by the wrong person.

### Some poisons are:

- medicines (prescription, over-the-counter, herbal) and street drugs
- products in your home like shampoo, bleach, bug and weed killers, antifreeze, and lamp oil
- chemicals at your job
- bites and stings
- mushrooms and plants
- fumes and gases

Taking the wrong amount of medicine or someone else's medicine, accidentally eating dishwasher soap, mixing cleaners, or having too much alcohol to drink could lead to poisoning.

## Why Should You Call?

Poisonings can happen to anyone and poison centers are for everyone. The call is free and private.

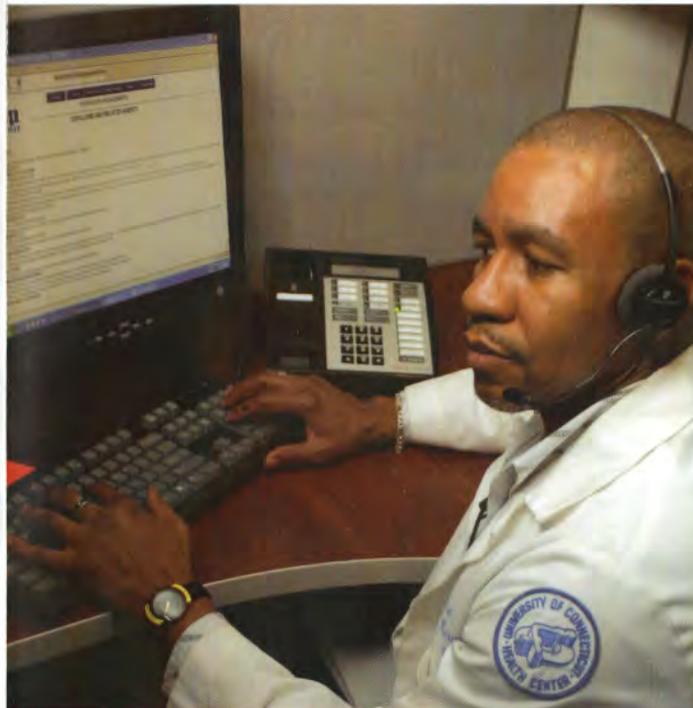
### We Help You Save Money and Time:

Seven of ten people who call their poison center get help over the phone. They don't have to go to a doctor or hospital.

### Your Doctor Calls the Poison Center Too:

When doctors and nurses need help treating poisonings, they call their local poison center.

*We are the experts.*



## Poison Prevention Tips

If you think someone has been poisoned, call 1-800-222-1222 right away. Serious poisonings don't always have early signs.

- Put 1-800-222-1222 in your cell phone and near home phones.
- Keep medicines and household products in their original containers and in a different place than food.
- Always read the label and follow any directions.
- Keep household products and medicines locked up. Put them where kids can't see them or reach them.
- Buy products with child-resistant packaging. But remember, nothing is child-proof!
- Never call medicine "candy." Poisons may look like food or drink. Teach children to ask an adult before tasting anything.
- Learn about products and drugs that young people use to get "high." Talk to your teen or pre-teen about these dangers.
- Have a working carbon monoxide alarm in your home.



Free, Fast, Expert Help.  
24 hours a day, 7 days a week.

**1-800-222-1222**