

Poisonings are not just about kids.



The Washington Poison Center provides information about poisonings and toxic substances to callers from all over Washington State.

You can call 24 hours a day with poison questions about children, adults or seniors.



Most poisonings happen in the home. However, when health care providers need information about poisoning treatments, they also call the Poison Center.

Services are available for non-English speakers and those with hearing difficulty.



The Poison Center phone number is on Mr. Yuk stickers—put them on poisons in your home.



Poison First Aid

This first aid information does not take the place of expert advice. Always call the Poison Center right away.

Inhaled Poison

Get to fresh air right away and avoid fumes.
Open doors and windows wide.

Poison on the Skin

Take off clothing the poison touched.
Rinse skin with running water.
Wash off with soap and water.

Poison in the Eye

Run lukewarm tap water over eye for 20 min.
Do not force the eyelid open.

Swallowed Poison

Do not make the person vomit, drink or eat unless told by a poison expert.

www.wapc.org



Poison Help & Information:
1 - 800 - 222 - 1222

Language Line available in over 260 languages
TTY relay: 7-1-1

The Washington Poison Center is a 501(c)(3)
nonprofit organization, EIN 94-321459.

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PREVENTION & TREATMENT GUIDE

Poisons

Did you know...

...the Mr. Yuk poison help



Sticker is for

You ?

What happens when I call the Poison Center?

Did you or your child touch, taste or breathe something that might be harmful?
Will that product, medicine, insect or plant make them or you sick?

Call 1-800-222-1222

Your call is always free—call as many times as you need.

What happened?

Tell the poison expert what happened. If you are not sure, that is okay.

- What was taken?
Have the container handy so you can read the label.
- How long ago did it happen?
- How much was taken?
- How is the person feeling?



What should you do?

The poison expert will tell you what to do. Most poisonings can be taken care of over the phone. If you need to go to the emergency room, we will tell you if you can drive or if you need to call 911. If needed, we will call the emergency room to let them know you are on your way and suggest treatment for you.



We want to make sure things are OK.

Often a poison expert will call you back – just to make sure everything is all right. You can ask more questions then or call back later with other concerns.



“I’d feel dumb” if nothing was wrong.

You can not know all about the things that might hurt you or your family. What you CAN do is call the Poison Center right away. You can also call for prevention ideas.

How do I use Mr. Yuk stickers?

The national toll-free Poison Center phone number, 1-800-222-1222, is on Mr. Yuk stickers. Put them on poisons to keep the number handy in an emergency. Teach kids to “stay away” if they see Mr. Yuk.



Call the Washington Poison Center for free and confidential expert poison information 24 hours a day, 7 days a week.

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How can I prevent poisonings?

- Use child-resistant containers—remember, they are not childproof.
- Keep poisons out of reach and in original labeled packages.
- Re-read the label each time before you take or give medicine—be sure you have good lighting and glasses, if needed.
- Teach children to ask an adult before eating or drinking anything.
- Cook and store food as stated on packages.
- When children are near, take the container or the child with you to answer the door or phone.
- Check for mushrooms before children play in the yard.
- Be aware of the high poisoning times: before meals and during times of change such as a move, packing for a trip, visitors, illness or when family problems occur.
- Buy a medicine lock box to store medications.
- *Don't guess. Call the Poison Center.*

