

Poison Control

1-800-222-1222

Been exposed? Call a live health expert, open every day, 24 hours/ per day.

Explain your situation or symptoms

Have the name of the product, or container ready

DO NOT rely on the internet

A poison is any substance that can hurt your body or make you sick if used the wrong way, by the wrong person, or in the wrong amount. Poisons may be solids, liquids, sprays, or gases and can be found in many places.

Poisons can enter the body in the following ways:

- Mouth: eating and drinking
- Nose: breathing and smelling
 - Eyes: splashed
- Skin: touching, spills, bites, stings

The dose ingested determines how toxic something is to the body

Medications

When used correctly, medications can save lives. Unfortunately, these same medications can be harmful if not used as directed. In addition, medications can be harmful if used by someone other than who it was prescribed for or if mixed with other medications. Remember, medications can include: prescription, over the counter, herbal and cultural, vitamins, and illegal medications.

Lead

Lead is a highly toxic metal that can cause brain damage and other serious health effects in children, adults, and even pets. Lead poisoning most often occurs when lead paint chips are eaten or when lead dust is breathed into the lungs. Lead has been reported to cause learning and developmental disabilities, decreased growth, hyperactivity, impaired hearing, and brain damage. Lead has also been found in children's costume jewelry, foods, dietary and herbal products, and even some candies made outside the US.

Other household dangers include:

- Cleaning products
- Carbon monoxide
- Lawn and garden products
- Pesticides
- Health and beauty products
- Automotive products

Food

Prepare all food with clean hands and a clean area. Do not cross contaminate foods. Cook all foods to proper temperatures and refrigerate food promptly. Foods most likely to cause poisoning are meats, seafood, and dairy.

50% of all exposures a year occur in children younger than 6

