

Am I at Risk for Poisoning?

Older adults are at a higher risk for problems:

- Taking more medications increases the risk of drug or food interactions.
- You may be taking drugs with similar side effects. Used alone most drugs do not cause harm; used together you might have a toxic reaction.
- Over the counter medicines, including vitamins and herbal supplements, may cause side effects when used with prescription drugs or some foods.



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 10 min. Do not force the eyelid open.

Swallowed Poison

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

Be Prepared

Keep *Syrup of Ipecac* (a drug that makes you vomit) at home. **Always** call the Poison Center before using.

Follow the WAPC online:

www.wapc.org

Facebook: Mr-Yuk/62297332821

Twitter: MRYUKWA

Poison Help & Information:

1-800-222-1222

Language Line available for non-English speakers

TTY relay: 7-1-1



The Washington Poison Center is a 501(c)(3) nonprofit organization, EIN 94-3214597.

www.wapc.org

PREVENTION & TREATMENT GUIDE

Older Adults

Did you know...

...the average

Senior is taking

7 medications

Daily

?



WASHINGTON
POISON
CENTER 
1-800-222-1222

Medicine Safety Guide

For each medicine you take (including vitamins and herbal supplements) you should know:

- Name of medicine
- Why you take it
- Amount to take
- Time to take
- Take with or without food or water
- Food, drugs or alcohol to avoid
- Possible side effects
- What to do if side effects occur



Ask your healthcare provider about keeping a medication record. Keep it where someone can find it in case of an emergency.



How Can I Prevent Poisonings?

- **Keep medicines in their original labeled packages.**
- **Listen as your healthcare provider explains** how each new medication can affect others you are taking. Ask to have it written down to refer to later.
- **Try to always use the same pharmacy to fill prescriptions.**
- **Re-read the label** each time before you take any medicine. Be sure you have good lighting and glasses, if you need them.
- **Mistakes happen.** If you think you took your medicine twice or took the wrong medication, the Poison Center can help.



- **Keep the Poison Center number near your phone:** 1-800-222-1222.



- **Do not wait** for yourself or another person to look or feel sick. Call the Poison Center right away if you are concerned.
- **Keep medicines out of reach of children.** If kids visit your home or you visit theirs, keep your purse and bags out of reach. Keep in mind: child-resistant containers are not childproof.
- **Read and follow the labels of household and garden products** before using them.
- **Mr. Yuk stickers are not just for kids.** Put the stickers on poisonous and unsafe products to keep the Poison Center phone number handy, and as a reminder to be careful.



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

(\$30 credit card fee applies for calls about animals)

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