

## Am I at Risk for Poisoning?

More people call the Poison Center about medications than any other substance:

- 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 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](http://www.wapc.org)



MrYukWa



MRYUKWA

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.

updated: 5/2017

## PREVENTION & TREATMENT GUIDE

### Medications

# Did you know...

...on average,  
Americans fill

over **12**

**prescriptions  
(Rx)**

a year

**?**



## 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.



- Program the Poison Center number in 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.

**1 - 8 0 0 - 2 2 2 - 1 2 2 2**

