

## What is a poison?

Any product or substance that can harm you if it is used in the wrong way, by the wrong person, or in the wrong amount. Any person or animal can be poisoned if they:

- Eat it
- Drink it
- Breathe it
- Inject it
- Get it on the skin
- Get it in the eyes



## Why should I learn about poisons?

Each year, two million poisoning exposures are reported to Poison Centers across the country. Approximately 90% of these take place in the home. In Washington State, poisonings has become the number one cause of accidental deaths, surpassing car crashes.

## Who gets poisoned?

- ▶ More than 50% of reported poisonings involve **children six and younger**. Poisoning is the fifth leading cause of "accidental" death in children under the age of six and is one of the most common reasons children are seen in emergency rooms. However, **poisonings can happen at any age**.
- ▶ Few people realize that **adults** are poisoned too. Over 30% of calls to the Poison Center are about adults. Adult poisonings result in more serious injuries than any other age group.

## How do I know it is a poisoning?

If you see any of the following signs or symptoms, call **1-800-222-1222** right away:

- An open container nearby
- Pills, berries, etc. in the mouth
- Strange odor on the breath
- Burns around the mouth
- Upset stomach, nausea, or vomiting
- Dizziness or unexplained sleepiness

## What do I do if a poisoning happens?

- ▶ **Stay Calm. Act Fast.**
- ▶ Call the Washington Poison Center at **1-800-222-1222** right away.