



YOUR POISON CENTER

Call FAST to treat a poisoning!

Call FIRST to prevent a poisoning!

POISON
Help
1-800-222-1222

24 hours a day • 7 days a week

How Your Poison Center Helps You

In the United States, poison centers provide immediate treatment advice for poison emergencies. They also provide information about poisons and poison prevention, 24 hours a day, 7 days a week.

Poisons can hurt you — or even kill you — if you eat them, breathe them, or get them in your eyes or on your skin. The poison center can help you with questions about:

- household products
- chemicals at work or in the environment
- drugs (prescription, over-the-counter, herbal, illegal, or animal medicines)
- snake bites, spider bites, and scorpion stings.



For life-saving treatment advice about any kind of poison, call **1-800-222-1222**. A specially trained nurse, pharmacist or doctor at your poison center will help. All services are free and confidential.

Poison center services are available for people with hearing problems and for non-English speakers.

When health care providers need information about treating poisonings, they also call their local poison center.

1-800-222-1222

Poison Prevention Tips

Store Poisons Safely

- Store medicines and household products locked up, where children cannot see or reach them.
- Store poisons in their original containers.
- Use child-resistant packaging. But remember — nothing is child-proof!

Use Poisons Safely

- Read the label. Follow the directions on medicines and products.
- Are children around? Take the product or medicine with you to answer the door or the phone.
- Lock products and medicines up after using them.
- Is it medicine? Call it medicine, not candy.
- Children learn by imitation. Take your medicines where children can't watch.

Teach Children to Ask First

- Poisons can look like food or drink. Teach children to ask an adult before eating or drinking anything.

For more tips, log on to www.1-800-222-1222.info



**If you think someone has
been poisoned, call your
poison center right away —
1-800-222-1222.**

We Help People of All Ages — in All Types of Situations



WHEN CHILDREN GET INTO HOUSEHOLD PRODUCTS,
POISON CENTER EXPERTS ARE JUST ONE CALL AWAY.



POISON CENTERS HELP SENIORS AND PEOPLE OF ALL AGES
WHEN THEY TAKE TOO MUCH OR THE WRONG MEDICINE.

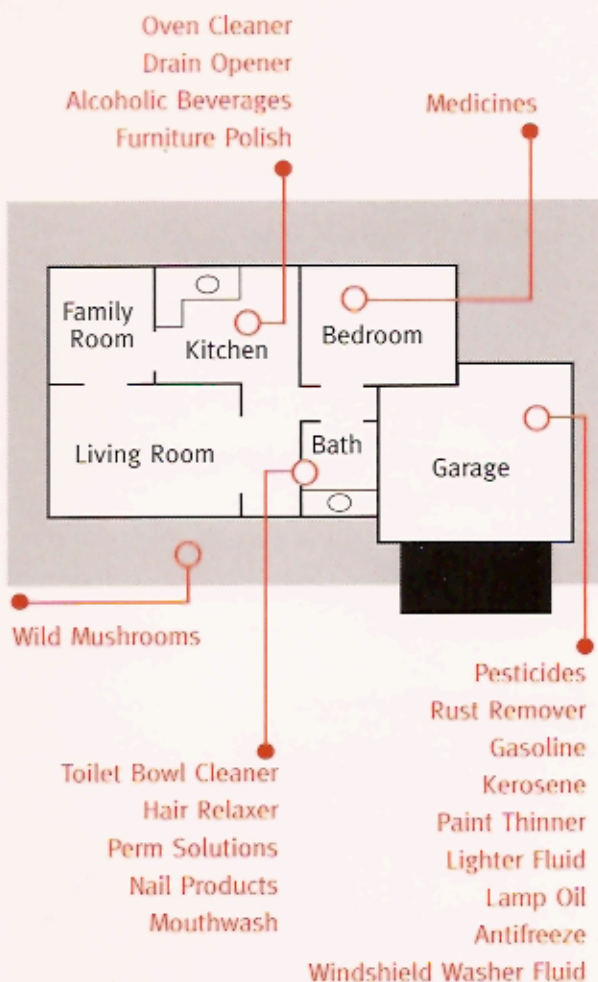


POISON CENTERS GIVE ADVICE ABOUT PREVENTING AND
TREATING CHEMICAL EXPOSURES ON THE JOB.

1-800-222-1222

You Can Prevent Poisonings at Home

Products and medicines can hurt you if they are used the wrong way, in the wrong amount, or by the wrong person.



Have a question? All questions about poisons
are smart questions.

Ask **FIRST** to prevent a poisoning!

1-800-222-1222

First Aid for Poisoning

Has the person collapsed or stopped breathing?

- ▶ Call **911** or your local emergency number right away.

Poison in the eyes?

- ▶ Rinse eyes with running water for 15 to 20 minutes.
- ▶ Call **1-800-222-1222**.

Poison on the skin?

- ▶ Take off any clothing that the poison touched.
- ▶ Rinse skin with running water for 15 to 20 minutes.
- ▶ Call **1-800-222-1222**.

Inhaled poison?

- ▶ Get to fresh air right away.
- ▶ Call **1-800-222-1222**.

Swallowed the wrong medicine or too much medicine?

- ▶ Call **1-800-222-1222**.

Swallowed something that's not food or medicine?

- ▶ Drink a small amount of milk or water.
- ▶ Call **1-800-222-1222**.



Carbon Monoxide

The Silent Killer



Tips on Preventing Exposure

Carbon Monoxide or CO is a colorless, odorless, tasteless, deadly gas. It is produced when any kind of fuel is burned, including wood, coal or natural gas. CO poisoning can deprive (rob) the body of oxygen. Exposure occurs when improperly vented appliances or automobiles give off deadly levels of CO.

How does it affect us?

CO poisoning symptoms at low levels may include:

- Headaches
- Sleepiness
- Confusion
- Fatigue, feeling tired
- Irritability, bad mood
- Nausea
- Muscle Aches

At higher levels over a longer period of time symptoms may include:

- Nausea
- Vomiting
- Irregular heartbeat
- Mental confusion
- Death

If you suspect a CO Poison

Emergency:

- Get the victim outside to fresh air and call 911.
 - Immediately call your local fire department or utility company for a safety check of the home or office. Do not return until told it is safe.
 - Call the New Jersey Poison Control Center at 1-800-222-1222 with any questions.
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Common Sources of Carbon Monoxide:

Any appliance or device that burns fuel, such as:

- Furnaces
- Automobile exhaust from attached or un-vented garages
- Gas heaters, stoves, or ovens
- Wood burning stoves
- Gas dryers
- Oil or gas heaters
- Leaking chimneys or fireplaces
- "Patched" vent pipes using tape, gum or other substances

How to protect myself and my family:

The best way to protect you and your family is by putting a carbon monoxide detector in your home. Follow manufacturer's directions and make sure the detectors meets standards IAS 696 or UL 2034.

Other ways to prevent contact with CO:

- Proper set-up and safe use of fuel-burning household appliances
- Never leave a car running in a garage (Not even to "warm up")
- Never burn charcoal indoors or in an area without good air flow
- Never use the oven or gas range for heating
- Chimneys and flues should be kept free from blocks (leaves, twigs, etc.), should have good air flow and should be checked by a professional regularly.



For more information contact NJPIES:
Poison and Drug Information Hotline:
1-800-222-1222
NJ AIDS/STD Hotline: 1-800-624-2377
Visit our website at www.NJPIES.org

Help is just a phone call away!