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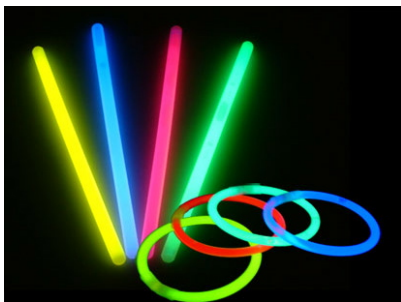
# Glow sticks

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**Glow sticks:** Sold as toys, decorations such as bracelets, necklaces and small or large wands used for illumination.

**What is in it:** Contains an oily liquid (dibutyl phthalate), dyes and an activator.

**Is it toxic?** Low order of toxicity but may cause irritation.

## Health Effects:

**Eyes:** Possible stinging, burning sensation and tearing. Symptoms usually subside once the eye is rinsed.

**Skin:** Possible irritation and a burning sensation.

**Ingestion:** Possible burning sensation and a bad taste in the mouth if glow products are bitten into. Poisoning is not expected if swallowed but possible choking hazard.

## What to do:

**Eyes:** Rinse eyes with lukewarm water with one of the following methods:

- Pour a gentle stream of water from a jug or clean teapot over the eye from the inside corner by the nose, across the eye, flowing out towards the ear.

- Submerge eye in a container (bowl, sink) of lukewarm water. Have patient open and close eye.
- Eye may be irrigated in the shower if this can be accomplished without delay.
- Young children may be wrapped like a mummy in a towel with arms at side and held over sink or tub or laid on counter during flushing.

**Skin:** Wash skin with soap and water and rinse thoroughly.

**Ingestion:** Rinse out mouth and drink a glass of water or milk. If a child has swallowed more than just the liquid, contact the Poison Control Centre.

**Do not induce vomiting. If symptoms persist after the above first aid measures contact the Poison Control Centre.**

**How can I prevent exposure?** Do not allow children to chew on glow products as they may break apart. Discard used glow sticks or jewelry.

**Need more information:** Call the Poison Control Centre.

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**Keywords:**

plasticizers

dibutyl phthalate

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