

## WHAT TO DO IF YOU THINK SOMEONE HAS BEEN POISONED

1. Stay calm.
2. If the person is having convulsions, or having trouble breathing, call 9-1-1.
3. Otherwise, call Poison Control Centre for further advice.
4. The Poison Centre may ask about:
  - age and weight of the person?
  - what is the name of the poison or medicine?
  - how much was swallowed, inhaled, spilled?
  - when did this happen?
  - how is the person doing now?

## ABOUT THE POISON CENTRE

- B.C. Poison Control Centre provides telephone information 24 hours a day, seven days a week.
- Specially trained pharmacists, nurses and doctors provide treatment advice for all kinds of poisonings, and poison prevention.
- You may be referred to a hospital or doctor's office, but most poisonings can be treated at home with advice from your poison control centre.
- The poison control centre can send you poison prevention pamphlets and phone stickers. Order from 604-682-2344, ext. 62126 or from our website: [www.dpic.org](http://www.dpic.org).

## FIRST AID FOR POISONING

### EYE

Flush eye with lukewarm water for at least 5 minutes. Have person blink while flushing eye. Do not force eyelid open. Call the poison control centre.

### SWALLOWED MEDICINE

Do not give anything to eat or drink until you call the poison control centre.

### SWALLOWED CHEMICALS OR HOUSEHOLD PRODUCTS

Unless person is unconscious, having convulsions, or cannot swallow — give a small amount of water. Then call poison control centre.

### INHALED

Get person to fresh air right away. Call the poison control centre.

### SKIN

Remove contaminated clothing and flood skin with water for at least 5 minutes. Call the poison control centre.

 Don't guess.  
Be sure.

B.C. Poison Control Centre

604-682-5050  
1-800-567-8911



# POISON Awareness

## First Aid & Poison Prevention Information



B.C.  
POISON  
CONTROL  
CENTRE



BC Centre for Disease Control  
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

## HOW TO PREVENT A POISONING

- **A poison is any substance that can cause harmful effects in the body.**
- **Thousands of people in B.C. are unintentionally poisoned every year.**
- **Children under the age of six are at the greatest risk.**
- **Many poisonings can be treated at home with advice from your poison control centre.**
- **Don't guess. Be sure. Call.**

### Medicines

- ✓ Use only child-resistant containers.
- ✓ Keep in locked cabinets.
- ✓ Return to safe storage immediately after use.
- ✓ Always measure dose — don't guess.
- ✓ Never tell children that medicine is candy.
- ✓ Never take medicine in front of children. They may imitate you.
- ✓ Keep purses and diaper bags out of children's reach. Also be aware of visitor's purses and bags.

### Household Products

- ✓ Keep products in their original, labelled, child-resistant containers.
- ✓ Do not store products in food or beverage containers.
- ✓ Keep in locked cabinets.
- ✓ Return to safe storage immediately after use.
- ✓ Store products and food in separate areas.
- ✓ Never leave children alone with household products.

## POISON-PROOF YOUR HOME

To give you a start in poison-proofing your home, here is a list of SOME common, potentially toxic substances.

Go through each room, make sure these are properly stored out-of-reach of small children and pets.

#### KITCHEN/LAUNDRY

- All drugs and pills
- Ammonia
- Ant/roach/bug killers
- Automatic dishwasher detergent
- Bleach
- Carpet/upholstery cleaners
- Cleansers
- Disinfectants
- Drain cleaners
- Fabric softeners (liquid and sheet)
- Furniture polish
- Metal cleaners
- Oven cleaners
- Rust removers
- Soaps/detergents
- Vitamins/fluoride/iron pills

#### BEDROOM

- All drugs and pills
- Baby powder
- Cough/cold medicines
- Cosmetics
- House plants
- Jewelry cleaners
- Nail polish/remover
- Perfumes/colognes
- Shoe cleaners/polishes

#### FAMILY ROOM

- House plants
- Stereo/video cleaners

#### BATHROOM

- Aftershave lotion
- All drugs, pills, patches
- Bath oil
- Cleansers
- Deodorizers/sanitizers
- Drain cleaners
- Hair removers
- Liniments
- Mouthwash
- Permanent wave solution
- Rubbing alcohol
- Shampoo/hair products
- Toilet bowl cleaners

#### GARAGE/BASEMENT/STORAGE

- Antifreeze
- Barbeque starter
- Fertilizers
- Gasoline/kerosene
- Glues
- Lighter fluid
- Lime
- Lye
- Mothballs/moth flakes
- Paint remover/thinner
- Pesticides/insecticides
- Rat/mouse poison
- Turpentine
- Weed killers
- Windshield cleaner

#### OTHER

- Alcoholic beverages
- Batteries, disc (calculator)
- Cigarettes

## MOST DANGEROUS POISONS...

- Medicines: including prescription and nonprescription pain relievers, diabetes medicines, blood pressure drugs, cough and cold medicines, tranquilizers, antidepressants.
- Cleaning products that can cause burns: drain opener, toilet bowl cleaner, oven cleaner, rust remover and chrome cleaner.
- Antifreeze
- Windshield washer solution
- Hydrocarbon products: lamp oil, lighter fluid, furniture polish, paint thinner, kerosene.
- Carbon monoxide
- Pesticides
- Wild mushrooms