

## **First Aid for Poisoning**

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### **Poison in the eyes?**

- ▶ Rinse eyes with running water for 15 to 20 minutes.
- ▶ **Call your poison center.**

### **Poison on the skin?**

- ▶ Take off any clothing that the poison touched.
- ▶ Rinse skin with running water for 15 to 20 minutes.
- ▶ **Call your poison center.**

### **Inhaled poison?**

- ▶ Get to fresh air right away.
- ▶ **Call your poison center.**

### **Swallowed the wrong medicine or too much medicine?**

- ▶ **Call your poison center.**

### **Swallowed something that's not food or medicine?**

- ▶ Drink a small amount of milk or water.
- ▶ **Call your poison center.**



# **AMERICAN SAMOA'S POISON CENTER**

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**Call FAST to treat a poisoning!**

**Call FIRST to prevent a poisoning!**

[www.nebraskapoinson.com](http://www.nebraskapoinson.com)

**24 hours a day • 7 days a week**

## How Your Poison Center Helps You

The Poison Center for American Samoa provides immediate treatment advice for poison emergencies. It also provides information about poisons and poison prevention, 24 hours a day, 7 days a week. The service is available free of charge to people of all ages.

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 marine life stings
- food poisoning



For life-saving treatment advice about any kind of poison, call **your poison center**. 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 poison center.

## 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.nebraskapoison.com](http://www.nebraskapoison.com)



**If you think someone has been poisoned, call your poison center right away**