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Poisoning Emergency Checklist

If someone may have been poisoned, call the toll-free [Poison Help line \(1-800-222-1222\)](tel:1-800-222-1222), which connects you to your local poison center, to speak with a poison expert right away. This expert can give you advice on first aid and may save you from a visit to the emergency room.

Below is a checklist to help you in the event of a poisoning.

First steps

- If the person is not breathing, call 911.
- If the person inhaled poison, get him or her fresh air right away.
- If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.
- If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.
- **Do not use activated charcoal when you think someone may have been poisoned.**

Calling Poison Help

- **Do not** wait for signs of poisoning before calling Poison Help (**1-800-222-1222**), which connects you to your local poison center. Stay calm. Not all medicines, chemicals, or household products are poisonous. Not all contact with poison results in poisoning.
- **Make sure to have the container** of the product you think caused the poisoning nearby. The label has important information.

Be ready (if you can) to tell the expert on the phone:

- The exposed person's age and weight
- Known health conditions or problems
- The product involved
- How the product contacted the person (for example, by mouth, by inhaling, through the skin, or through the eyes)
- How long ago the poison contacted the person
- What first aid has already been given
- Whether the person has vomited
- Your exact location and how long it would take you to get to a hospital