

## Here's what you can do:

### 1 Prevent Poisonings.

Store medicines and household products in their original containers, where children cannot see or reach them.

Use child-resistant packaging. Replace the caps tightly after using a product.

Read the label before taking or giving medicine, every time.

Use household products according to label directions. Mixing household products can release dangerous gases.

Install a carbon monoxide alarm.

Keep batteries away from children. A swallowed battery can be fatal.

Subscribe to *The Poison Post*®, our free e-newsletter, to learn about new hazards. To subscribe, go to [poison.org](http://poison.org).

### 2 Be Prepared.

- Put the Poison Control emergency number on or near the phone in every home where your child spends time, and
- Download the web**POISONCONTROL**® app or bookmark [poison.org](http://poison.org) in your browser for expert online help.

### 3 Act Fast.

If you think someone's been poisoned—act fast! Don't wait to see what happens! Instead:

- Call 1-800-222-1222, or
- Get help online at [poison.org](http://poison.org) with web**POISONCONTROL**®.

**1-800-222-1222**  
**or [poison.org](http://poison.org)**

## The Most Dangerous Poisons:

- medicines: iron pills, prescription and non-prescription drugs
- button batteries
- pesticides
- windshield washer solution
- antifreeze
- drain cleaners, toilet bowl cleaners
- alcoholic beverages
- lamp oil, furniture polish
- gasoline, kerosene, paint thinner

## First Aid:

- **SPLASHED in EYES?**  
Rinse with water for 15 minutes.  
Call or log on to [poison.org](http://poison.org).
- **SPILLED on SKIN?**  
Rinse with water for 15 minutes.  
Call or log on to [poison.org](http://poison.org).
- **BREATHED in a poison?**  
Get to fresh air. Call or log on to [poison.org](http://poison.org).
- **SWALLOWED a cleaning product?** Drink a glass of milk or water. Call or log on to [poison.org](http://poison.org).
- **Anything else?** Call or log on to [poison.org](http://poison.org).



## National Capital Poison Center

Call or go online to get  
free, expert help for  
suspected poisonings!

**POISON**  
**Help**  
1-800-222-1222  
[poison.org](http://poison.org)

National Capital Poison Center  
3201 New Mexico Avenue, Suite 310  
Washington, DC 20016

**POISON**  
**Help**  
1-800-222-1222  
[poison.org](http://poison.org)

24 HOURS A DAY

# The National Capital Poison Center—helping you prevent and treat poisonings.

You can rely on us for life saving advice...24 hours a day, 7 days a week. Call us at 1-800-222-1222 to talk to us about your case, or log on to [poison.org](http://poison.org) for guidance online.

Poison Control is always just a phone call or click away. Here is how we help you...FREE!

THE NATIONAL CAPITAL POISON CENTER HELPS SENIORS AND PEOPLE OF ALL AGES WHEN THEY TAKE TOO MUCH OR THE WRONG MEDICINE.



## We save lives and reduce illness from poisonings.

When it comes to suspected poisonings, quick action could save a life. Get help from Poison Control right away by calling or getting help online at [poison.org](http://poison.org). About half of poison emergencies involve small children, but we also provide immediate life-saving information for suicide attempts, medication errors, chemical spills, occupational exposures, product misuse, drug interactions, and pet poisonings!



THE NATIONAL CAPITAL POISON CENTER GIVES ADVICE ABOUT PREVENTING AND TREATING CHEMICAL EXPOSURES ON THE JOB.

## We reduce your health care costs.

More than 80% of those who call Poison Control first, before going to the hospital, can be treated at home, safely. That saves the region's residents over \$18 million/year in unnecessary health care costs. Home treatment is safe when guided by our highly trained, nationally-certified poisoning experts—health professionals with many years of experience in poison control!

## We work to prevent poisonings.

Reported poisonings are monitored for new or unusually dangerous hazards. When we identify a problem, we urge manufacturers and government regulators to change the formulation, improve the closure, or even ban the product. Poisoning data can also be used to detect a chemical or biological terrorism incident. Should such an incident occur, the Center is ready to respond by providing information to the public and health professionals.

Poison prevention tips are distributed through mailings, the media, health fairs and schools. Teach your family about poison prevention!

### Here's how you can help us.

The Poison Center is not a government agency. We rely on grants and generous donations for support.

**DONATE ONLINE** at [poison.org](http://poison.org)

**SEND A CONTRIBUTION TO:** National Capital Poison Center, 3201 New Mexico Avenue, Suite 310, Washington, DC 20016.



United Way designation: 8476  
CFC designation: 28290

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or [poison.org](http://poison.org)**

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