

Did you or your child touch, taste or breathe something that might be harmful?



Don't guess. Be sure.

What is a poison?

A poison is anything you can breathe, touch or taste that might be harmful.

Call the poison experts if you have a problem or questions.

Mothers and doctors rely on us – we are California's poison control center. We help doctors, hospitals, nurses, 911 and people just like you every day. The California Poison Control System has been your local poison

control center since 1997 and is part of the School of Pharmacy at the University of California, San Francisco.

"I'd feel so dumb if I called and nothing was wrong."

Unless you are an expert, you can't possibly know everything about the things that might hurt you or your family. What you CAN do is call the poison experts.

Expert

Our staff of pharmacists, nurses and trained experts answer the phone.

Private

Your personal information is not given to anyone. We ask you for your name and phone number so we can call back to make sure you are OK.

Free

There is no charge - ever. And you can call as many times as you need.

Fast

We are here to help you 24 hours a day, 7 days a week 365 days a year. No busy signal and no waiting – ever.

What if you can't get to a phone?

Here is some first aid information if you can't call us right away. It does not take the place of talking to one of our experts. Always call us when you get to a phone. **1-800-222-1222**

Poison on the skin

Run water over the skin for 10 minutes, then wash with soap and rinse.

Poison in the eyes

Run water over the eye for 15 minutes. Do not force the eyelid open.

Inhaled poison

Get the person to fresh air right away. Don't breathe the fumes. Open windows and doors.

Swallowed poison

Do not make the person throw-up, eat or drink anything.

How

1-800-222-1222

works for you and your family

1 Don't guess. Be sure.

Someone might have tasted, touched, or breathed something that may hurt them. Was it a poison?

2 Dial 1-800-222-1222.

Your call is picked up on the first ring. You will hear a 17 second message while we connect you to one of our poison experts.

3 What happened?

You tell the expert what happened as well as you can. ("My two-year-old just got into my purse and ate some makeup!")

4 Was it a medicine, plant, insect, or cleaner?

If it was a product like cleaner or detergent or medicine, have it with you when you call. If it was a plant, snake, or spider be ready to tell us what it looked like.

5 What's going on?

We will want to know how the person is feeling ("She was crying before but she seems OK now.")

6 We will help you.

Most of the time we can help take care of the problem with one phone call. If we think you need to go to the emergency room, we will call to let them know you are coming so you don't have to wait.

7 We want to make sure everything is OK.

Often we'll call you back - just to make sure you're all right. We'll also be happy to answer any more questions. Free and confidential.

1-800-222-1222

Visit our website at **www.calpoison.org**