

The Illinois Poison Center

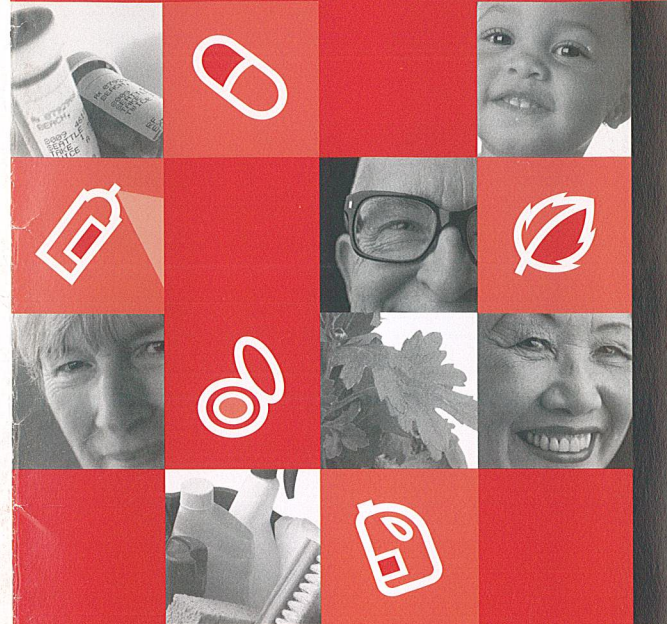
The Illinois Poison Center (IPC) is the only certified, regional poison center in the state, serving all of Illinois 24 hours a day, 365 days a year. Staffed by nurses, physicians, pharmacists and other poison specialists, the IPC offers free, confidential poison prevention advice and treatment recommendations to the public and health care professionals via a national, toll-free hot line, 1-800-222-1222. Calling this toll-free number will automatically connect callers with their designated local poison center from anywhere in the U.S.; all calls placed in Illinois will be routed to the IPC.

The IPC answers nearly 85,000 calls each year on household products, alcohol or drug misuse, herbal products, medication overdoses, adverse reactions to medications, venomous bites, occupational accidents, chemical spills and other poisonings. The IPC also is able to handle calls from the non-English speaking population. The IPC is a program of the Metropolitan Chicago Healthcare Council, an association of more than 140 Chicago-area hospitals and health care organizations working together to improve the quality of health care services.

Illinois Poison Center
1-800-222-1222 (toll-free)
TTY/TDD 312-906-6185
www.IllinoisPoisonCenter.org

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Your Guide to Poison Prevention



Illinois Poison Center
IPC
1-800-222-1222

Did you know?

...on average, poison centers handle one poison exposure every 14 seconds.

...poisons affect everyone from children to older adults.

...the most frequent calls received by the Illinois Poison Center (IPC) concern common household products, such as cleaners, pain medicines, and health and beauty products.

...the IPC provides free, confidential poison prevention advice and treatment recommendations – 24 hours a day.

...calling 1-800-222-1222 automatically connects you with your designated poison center from anywhere in the U.S.

...when you call the IPC, you will speak directly to a physician, pharmacist, nurse or poison specialist.

...you can help avoid poisonings by following the poison prevention tips in this guide.



Be Prepared for Poisoning Emergencies

Be prepared by posting the Illinois Poison Center's (IPC) toll-free number (1-800-222-1222) on each phone or in a convenient location, in case a poisoning does occur. With the IPC's help, nearly four out of five poisoning victims can be treated safely and effectively without a costly trip to a hospital emergency department or a doctor's office.

Keep in mind that **all** of us are at risk for a poisoning exposure, from infants to older adults, from college students to parents. Anyone can be affected by a variety of exposures, such as medication misuse, plant poisonings, venomous bites, carbon monoxide poisonings and chemical spills. However, children under the age of 6 account for more than half

of the poisoning exposures reported to the IPC each year, so it is very important to take special precautions to safeguard children from potential poisons.



This brochure is a poison prevention tool to help you avoid poisonings — it should not be used as a medical treatment guide. Always call the IPC at 1-800-222-1222 as soon as an exposure occurs, or as soon as you suspect a poisoning has occurred.



Please take a few minutes to go through your home, using this guide to correct any potential poisoning hazards as soon as possible. A little time spent now could avoid an emergency later. Protect children, teens, adults and seniors by following these poison safety tips:

- Teach children never to eat or drink anything without asking first.
- Never call medicine candy or make a game out of taking it.
- Store all potentially poisonous products in cabinets with child-resistant safety locks, or out of children's reach.
- Keep all potentially poisonous products (cleaners, cosmetics, medicines, and items used for home repair, gardening and automobiles) in their original containers with original labels.
- Always read the labels and follow directions each time you use these products.
- Do not take or give medicines in the dark.
- Never take someone else's prescription medications, and don't give yours to someone else.
- Be extra careful in handling potential poisons during stressful times and holidays.

Home Safety Checklist *Take these steps to make your home safer from poisons:*

Kitchen

- ☐ Remove household products from under the sink or anywhere children can reach them.
- ☐ Do not keep medications out on the counter or stove top.

Bathroom

- ☐ Destroy old or unused medications by flushing them down the toilet; rinse out containers before throwing them away.
- ☐ Keep all your medications in child-resistant containers and out of children's reach.
- ☐ Keep all bathroom and toilet cleaners locked up and out of children's reach; health and beauty aids also should be kept out of children's reach.

Bedrooms

- ☐ Keep all perfumes, colognes, cosmetics and contraceptives out of children's reach.
- ☐ Do not leave medications out on the nightstand or within the reach of children.

Living Room

- ☐ Inspect all walls and windows for peeling paint. If your house was built before 1978, the paint used may contain lead.
- ☐ Identify all plants and remove those that are potential poisons.
- ☐ Empty ashtrays and keep cigars, cigarettes, lighters and matches out of children's reach.
- ☐ Keep liquor locked up and alcoholic drinks out of children's reach.

Laundry Room

- ☐ Keep soaps, detergents, bleaches and diaper pail deodorizers out of children's reach.
- ☐ Rinse out all empty detergent, bleach and fabric softener bottles before discarding.

Garage and Yard

- ☐ Keep the following items in their original containers, with their original labels and out of children's reach: gasoline, oil, anti-freeze, charcoal lighter fluids, paint and thinners, insect repellents and weed killers.
- ☐ Do not siphon gasoline by mouth.
- ☐ Identify all flowers, bushes and trees in and around your home so you know which ones are poisonous.



Free Poison Prevention Materials

For free IPC telephone stickers, a magnet, and other poison prevention information, please call 1-800-222-1222 and press option "2." The IPC now has several of its publications available in Spanish. You can order IPC materials through the IPC Web site at www.IllinoisPoisonCenter.org.

First-Aid Steps

If the victim is unconscious or not breathing, call **911**. Start artificial breathing and other basic lifesaving measures as directed.

If you suspect a poisoning, call the IPC at 1-800-222-1222 immediately. Do not wait for symptoms to appear. Begin the following first-aid steps, as instructed, after calling the IPC.

Never try to chemically neutralize any poison. If an emergency department or physician visit is necessary, take the suspected poison with you.

Eyes Remove contact lenses and flush eyes with water for 15 minutes.

Skin Remove contaminated clothing. Wash skin gently with soap and water.

Fumes Remove victim to fresh air, taking care not to become exposed yourself.

Swallowed poisons Never induce vomiting unless instructed to do so by the poison center or your doctor.

When Calling the IPC ...

- ☐ Be able to answer questions about the age, sex, weight and medical history of the victim.
- ☐ Have the poisonous substance or its container within reach while speaking with the IPC.
- ☐ If instructed to go to an emergency department, take the substance or its container with you.