In Case of An Emergency

- TRY TO STAY CALM!
- Has the person collapsed or stopped breathing? Call 9-1-1 or your local emergency number right away.
- Swallowed the wrong medicine or too much medicine? Call 1-800-222-1222.
- Inhaled poison? Get to fresh air right away. Call 1-800-222-1222.
- Poison on the skin? Take off any clothing that the poison touched. Rinse skin with running water for 15 to 20 minutes. Call 1-800-222-1222.
- Poison in the eyes? Rinse eyes with running water for 15 to 20 minutes. Call 1-800-222-1222.

Call the Experts for Help!
NJ Poison Control Center
Real People. Real Answers

We Are Your Poison Control Center

POISON Help
1-800-222-1222

New Jersey Poison Information & Education System
140 Bergen Street, Level G
Suite 1600, Newark, NJ 07103

Poison Help
1-800-222-1222
Chat www.njpies.org
Text 8002221222@njpies.org

Keep Your Family Safe from Poison
New Jersey Poison Information & Education System

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What is a Poison?
A poison is any substance that can harm your body. Anything can be a poison if it is taken in the wrong amount, in the wrong way, or by the wrong person. Most poisonings happen in the home and are preventable.

Poisonings Span a Lifetime
Children are not the only ones at risk. Anyone at any age can be poisoned.

Poisons Found In and Around Your Home
• Medicines (prescription and over-the-counter)
• Household Cleaning Products
• E-Cigarettes/Liquid Nicotine
• Bug Killers
• Car Products
• Carbon Monoxide (CO)
• Cigarettes/Cigars
• Wild Mushroom/Berries
• Plants (Poison Ivy, Oak, Sumac)

SAFETY TIPS

• Save the Poison Help number, 1-800-222-1222, in your phone and post it in your home.

• Store medicines and cleaning products in locked cabinets/pantries/closets.

• Keep all products in their original containers with the labels on them.

• Use a medicine spoon/cup/oral syringe to give or take liquid medicine.

• Store food products away from cleaning chemicals and medicines.

• Child-resistant does not mean childproof. Re-seal and lock up harmful items after every use.

• Keep button batteries, small magnets, and liquid laundry packets away from children and pets.

• Install a carbon monoxide detector and be sure to check its battery twice a year.

Poisons can hurt you if:
• Swallowed
• Breathed in
• Splashed/sprayed on skin or in eyes

Where to Get Help?
1-800-222-1222

Fast, Free, Expert Medical Help
24/7/365 ~ Confidential
We speak your language!

Call the experts at the NJ Poison Control Center right away if you think someone came into contact with something harmful.

Why Call Your Local Poison Control Center?
We are the experts. We save lives, time, and money every day. Our experts answer questions and give treatment advice to people of all ages, at no cost. Many people who call us are treated at home so they do not have to go to a doctor or hospital.

Remember, help is not only needed when someone swallows something dangerous...think eyes, skin, and lungs too!