Poisoning facts for adults

POISON HELP
1-800-222-1222 ™

Why should adults learn about poisoning?

People of all ages are at risk for poisoning, especially from prescription and over-the-counter medicines.

What are some poisoning risks?

- Taking too much medicine
- Taking medicine at the wrong time, or forgetting to take it
- Breathing carbon monoxide fumes from a leaky gas furnace or stove
- Mixing cleaning products together, which can make a poisonous gas
- Spilling bleach on your skin or splashing it in your eye or mouth
- Storing cleaners in unlabeled containers

Call about:

- Medicine overdoses or questions
- Insect bites or bee stings
- Breathing in pesticides or other fumes
- Food poisoning and more

What should I do?

If you suspect a poisoning, don't wait for symptoms — call the Wisconsin Poison Center right away at **1-800-222-1222**.

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Wisconsin Poison Center

Call is free and confidential.

Help is available 24 hours a day, 365 days a year.

Medicines and you

A guide for all adults

POISON HELP
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Medicine safety tips:

- Read and follow the directions. If you have questions, ask your doctor or pharmacist, or call the Wisconsin Poison Center at **1-800-222-1222**.

- Take a list of ALL your medicines with you to your medical appointments, including over-the-counter medicines, vitamins and supplements. Ask your doctor to review it.

- Keep a list of all your current medications on your refrigerator where emergency responders or family members can find it.

- Take medicine as prescribed, even if you are feeling better.

- Never share your prescription medicines with anyone else or take someone else's medicine.

- Always turn on the light and put on your glasses before taking or giving medicine.

- Use a calendar, pill box or other ways to help you remember what you need to take and when.

- Get rid of old or discontinued medicines. Take them to a medication drop site in your community. You can call the Poison Center for locations.

- Keep all medicine in child-resistant containers if children live or visit with you.

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