

## Poison First Aid

### Swallowed Poisons

Do not try to make the patient vomit. Pick up the container and take it to the telephone. Call the Poisons Information Service on 13 11 26.

### Poison in an Eye

Flood the eye with water from a cup, jug or slowly running tap. Continue for 10-15 minutes, holding the eyelid open. Pick up the container and take it to the telephone. Call the Poisons Information Service on 13 11 26.

### Poison on the Skin

Remove contaminated clothing, taking care to avoid contact with the chemical.

Flood the skin with cool running water. Wash gently with soap and water and rinse well. Take the container, if safe, to the telephone. Call the Poisons Information Service on 13 11 26.

### Inhaled Poison

Get the person to fresh air quickly without placing yourself at risk. Open doors and windows wide, if safe to do so. Call the Poisons Information Service on 13 11 26.

### When calling the Poisons Information Service

If possible bring the container or poison to the phone. Advise the amount of poison taken and the time since poisoning occurred.

**DO NOT** try to make the person vomit. Follow the advice given carefully, if directed to a Doctor or Hospital, take the poison or container with you if possible.

**DO NOT** wait for symptoms to develop. Phone the Poison Information Service promptly. Delays could be dangerous, or fatal, with some type of poisoning.

**Poisons Information Service**  
**13 11 26**  
**A 24-hour service**

## When should you ring the Poisons Information Service?

- When a person eats, drinks or inhales a poison or gets a poison on their skin.
- When a person is bitten or stung.
- When you have any questions or concerns about:
  - Disposal of Poisons
  - Spillage of Poisons
  - Poison proofing your home or workplace
  - Poison information literature
  - Anything to do with the use, abuse and treatment of poisons.

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**13 11 26**  
**A 24-hour service**

Kidsafe ACT  
Collett Place, Pearce ACT  
Ph (02) 6290 2244  
Fax (02) 6290 2241  
[www.kidsafe.com.au](http://www.kidsafe.com.au)



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**What's your poison?**  
**Little people suffer more often**



**Where's your poison?**  
**Could it be almost anywhere?**



*Poisoning is one of the top three reasons why children under five are admitted to hospital.*

## Avoiding Poison

- Be aware that many poisonings occur when a product or medicine is not in its usual storage location; eg. when it is in use and left on a bench top or bedside table, or during transport from the shop to home.
- Store household products and medicines out of reach and out of sight of children (at least 1.5m high), in a locked or child resistant cupboard. (Kidsafe can help with locks).
- Use medicines and chemicals safely. Read directions for use carefully. Do not leave them unattended whilst in use.
- Do not transfer medicines or chemicals from their original containers. Keep everything in original containers, never in cups or soft drink bottles.
- Whilst in use, never leave medicines in reach or unattended.
- Separate medicines from household products.
- Be sure that all products are properly labelled. Read the label carefully before use.
- Clean out your medicine cupboard regularly. Take unwanted and out-of-date medicines to your nearest pharmacy for safe disposal.
- Refer to medicines by their proper names. They are definitely not lollies.
- Many children have accessed medicines from visitor's bags. Keep them well out of reach of children.
- Do not store medicines in the refrigerator unless they are in a clearly marked childproof container and you have been advised to do so by your pharmacist.
- Be aware the incidence of poisoning increases when usual household routines are disrupted (moving house, holidaying and having visitors).
- Ask for and use household products and medicines which are in child resistant packaging (blister or strip packs or special push and turn lids).
- Always take medicines in a well-lit room, wear your glasses. Follow the directions for use carefully and accurately. If you cannot read the directions, have someone else read them for you.
- Never, ever take other people's medicines.
- Use appropriate protection when painting, spraying or oven cleaning. Follow the product directions for use. Protect skin and eyes. Ensure there is adequate ventilation, with air circulating continuously. Remove contaminated clothing immediately.
- Empty containers from liquid medications or household products should be rinsed before they are thrown out.

**What is  
your poison?**



**Where is  
your poison?**

CHILD SAFETY IS NO ACCIDENT