

Poison Prevention Tips for Adults

It is not uncommon for adults to become victims of an unintentional poisoning. Follow the tips below and prevent needless poisonings.

Household and Chemical Products

- ❑ Keep potential poisons in their original containers.
- ❑ DO NOT use food containers such as cups or bottles to store household and chemical products.
- ❑ Store food and household and chemical products in separate areas. Mistaken identity could cause a serious poisoning.
- ❑ Read and follow the directions and caution labels on household and chemical products before using them.
- ❑ Never mix household and chemical products together. A poisonous gas may be created when mixing chemicals.
- ❑ Turn on fans and open windows when using household and chemical products.
- ❑ When spraying household and chemical products, make sure the spray nozzle is directed away from your face and other people. Wear protective clothing--long sleeve shirts, long pants, socks, shoes and gloves--when spraying pesticides and other chemicals. Pesticides can be absorbed through the skin and can be extremely poisonous. Stay away from areas that have recently been sprayed.
- ❑ Never sniff containers to discover what is inside.
- ❑ Discard old or outdated household and chemical products. First aid instructions on product containers may be incorrect or outdated.
- ❑ Call if an exposure occurs. Keep the telephone number on or near your telephone.

Medicine

- ❑ Read and follow the directions and warnings on the label before taking any medicine. If you have any questions about the intended use of your medicine, contact your doctor.
- ❑ Some medicines are dangerous when mixed with alcohol. Consult your doctor or pharmacist.

- ❑ Be aware of potential drug interactions. Some medicines interact dangerously with food or with other medicines. Your doctor should be made aware of all medicines, prescription or over-the-counter, you are currently taking.
- ❑ Talk to your doctor before taking any natural or herbal supplements.
- ❑ Never take medicines in the dark.
- ❑ Old and outdated medicines should be flushed down the toilet.
- ❑ Some medications can become dangerous or ineffective over time.
- ❑ Never share prescription medicines. Medicines should be taken by the person prescribed and for the reason prescribed.
- ❑ Keep your local Poison Control Center telephone number on or near your telephone.

*Source: American Association of Poison Control Centers
Reviewed 8/2007.*

This pamphlet is provided for informational purposes only. It is not meant to be used for self-diagnosis or treatment. This is not a substitute for consultation with a healthcare provider. If you have any questions or concerns, consult with your physician. Use of trade names is for identification purposes only and does not imply endorsement by St. Anthony's Physician Organization.