



Keep the Poison Help number, 1-800-222-1222, near your phone. Or enter it into speed dial so that it is quickly available.

HRSA
Health Resources & Services Administration

Poison Help

If you think someone has been poisoned, Remember:

1 Keep Calm

Help is as near as your phone. Keeping calm will help you understand the advice and help the victim.

2 Check the condition of the victim.

Call 911 right away if the person:

- has collapsed (is unconscious)
- has severe pain in the chest
- is having trouble breathing
- shows other life-threatening signs

3 Call Poison Help (1-800-222-1222) even if there are no signs of poisoning.

Try to identify what poison is involved. If it is a product, bring its container to the phone.

4 A nurse, pharmacist, or other poison expert will answer your call to Poison Help.

Be ready to tell the person:

- the name of the product
- the age and weight of the victim
- the amount of product involved
- what signs of poisoning you notice

5 A poison expert will decide if the person is in danger.

The poison expert will give you the advice you need. The poison control center may stay on the phone with you while you get help, or call you later to follow up.

6 Most calls can be handled at home.

If you need a doctor or ambulance, the poison expert will tell you right away.