

BE PREPARED FOR EMERGENCIES

Being prepared helps protect you and your family during a disaster.

- Have at least three days of emergency supplies packed and ready in an easy-to-carry bag.
- Pack a three day supply of medicine in a waterproof bag labeled with the person's name. Include a list of any allergies. Make a separate bag for each person.
- Store this bag in a safe place away from children and pets.
- Have the number to the poison center handy in case you have questions or an emergency involving any type of poisoning. 1.800.222.1222

The nurses, pharmacists and physicians at your poison center are here 24-hours a day, 365 days a year in both English and Spanish. Your call is always free and confidential.

WHEN SHOULD YOU CALL THE POISON CENTER?

- When someone took the wrong medicine or too much medicine.
- When someone ate something that might be poisonous.
- When someone got something on their skin that might be poisonous.
- When someone got something in their eye that might be poisonous.
- When someone is bit/stung by an animal/insect (scorpion, spider, snake).
- When someone breathed in something that might be poisonous.

Dialing 1.800.222.1222 from anywhere in the U.S. will connect you with a poison center. The call is always FREE and answered 24 hours a day, every day. Save the number in your cell phone, so you will always have it handy.



SENIORS' GUIDE TO POISON PREVENTION



www.poisoncontrol.org



1.800.222.1222

SENIORS AND POISONINGS



- Poison centers in the U.S. receive about 4 million calls a year.
- Even though only 5 percent of these poisonings involve seniors (adults over 60 years of age), they make up over 20 percent of all deaths.
- Medicines are the leading cause of poisonings and poison related deaths for seniors.

MEDICINE SAFETY

- ✓ Know what medicines, vitamins and supplements you take, their dose, how often you take them and the reason for taking them.
- ✓ Keep an updated list of all medicines you use and take your medicines with you to all doctor visits.
- ✓ Know the possible side effects of your medicines.
- ✓ Know the difference between your prescription (Rx) and over-the-counter (OTC) medicines.
- ✓ Know the possible interactions between your medicines, herbal supplements, foods and alcohol.
- ✓ Protect children and pets by keeping medicines out of sight and out of reach.

The poison center is available to answer your questions about medicines or any other poisons at any time, day or night, by calling 1.800.222.1222.

CARBON MONOXIDE SAFETY

- Have your heater checked every year by a professional.
- Service gas, oil or kerosene space heaters every year.
- Allow for good ventilation when using portable heaters.
- Do not use the oven or a grill to heat up your home.
- Do not leave your car, generator, lawn mower or any other gas engine running in the garage.
- Have carbon monoxide alarms placed near sleeping areas and replace the batteries every 6 months.

The poison center is available to answer your questions about carbon monoxide and any other environmental hazard any time, day or night, by calling 1.800.222.1222.

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