

Poison-proof your home!

PLACE THIS CHECKLIST ON YOUR REFRIGERATOR DOOR OR NEAR YOUR HOUSE PHONE!

- Check your home regularly for old/expired medications and products, and discard them appropriately.
- Do not refer to medications as sweets.
- Read labels and instructions carefully before using any products or medications.
- Always switch the lights on while taking any medication.
- Keep potentially harmful products e.g. household cleaners and medications out of sight, out of reach of children, or locked up.
- Keep all products in their original containers with their labels intact. Never use food or drink containers to store inedible products.
- Always put products away immediately after use.
- Keep food and household products separated.
- Close the medication or product container securely after EVERY use.
- Leave animals, insects, and reptiles alone. Do not disturb or provoke them.
- Call the DPIC if a poisoning occurs, or for more information.

Examples of Poisons*

MEDICATIONS: paracetamol, cough and cold medications, painkillers, heart medications and sleep medications

HOUSEHOLD CHEMICALS: antiseptics, bleach, dishwashing liquid, pesticides, gasoline, perfume, turpentine

ANIMALS: snakes, spiders, scorpions, insects, jellyfish, stonefish

PLANTS: any part of a plant can be a potential poison. This includes the roots, leaves, stems, flowers, fruit and sap.

*This list is not exhaustive.

HOTLINE
Tel : 6423 9119
24hrs a day, 7 days a week

First Aid Procedures

WHAT IF SOMEBODY ...

1. SWALLOWS A POISON?

- Do not make the patient vomit, as this could harm the patient further.
- If the victim starts vomiting, turn him onto his left side to prevent vomit from getting into the air passage.
- Do not give any food or drink unless advised.

2. INHALES A POISON?

- If the victim has lost consciousness, move him to fresh air immediately.
- You should leave the area as soon as possible, and avoid breathing in the fumes.
- If indoors, open doors and windows to improve ventilation.

3. GETS POISON ON THE SKIN?

- Remove contaminated clothing immediately. Place them in a sealed bag.
- Dust off any dry poison residues.
- Rinse skin under cool running water for at least 15 minutes.

4. GETS POISON INTO THE EYE?

- Remove contact lenses, if any.
- Rinse the eye under gently running cool water for at least 15 minutes. Prevent run-off water from entering the unaffected eye.
- Encourage the victim to blink while rinsing the eye.
- Advise the victim not to rub his eyes.

We also provide poison prevention tips on medicines, household chemicals, pesticides, toxic plants & animals, on request.

Remember!

Whenever and wherever the poisoning, **STAY CALM**, and give the Drug and Poison Information Centre a call at

6423 9119

CALL 995 EMERGENCY MEDICAL SERVICES FOR AN AMBULANCE IF:

- the victim becomes unconscious and/or unresponsive.
- the victim develops fits/convulsions.
- the victim stops breathing.