

# Poison **FIRST AID**

Your poison centre is available to help you 24 hours a day, every day of the year. We will provide expert poison advice to help you deal with your emergency.

If you think that someone has been poisoned it is important to act quickly. Here are some first aid steps you can do at home.

## **Did someone swallow something poisonous?**

If the person is unconscious, convulsing or having a hard time swallowing or breathing, call 911 or your local emergency number right away.

**NEVER** try to make someone throw up.

If the person is awake and able to swallow give him or her sips of water to drink.

**ALWAYS** call your poison centre for further advice.

## **Did someone breathe in something poisonous?**

If the person is not breathing, call 911 or your local emergency number right away.

If possible open doors and windows to let in fresh air, or take the person outside to get fresh air.

**ALWAYS** call your poison centre for further advice.

## **Did someone get something poisonous in their eyes?**

Rinse eyes with room temperature running water for 15 minutes. Remember to take out any contact lenses.

**NEVER** put anything other than water in your eye unless a doctor has told you to do so.

**ALWAYS** call your poison centre for further advice.

## **Did someone get something poisonous on their skin?**

Take off any clothing that the poison has touched.

Rinse skin with room temperature running water.

**NEVER** put anything other than water on your skin unless a doctor has told you to do so.

**ALWAYS** call your poison centre for further advice.



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Manitoba Centre  
Poison Anti-Poison  
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