

## 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](http://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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