

Poisoning Facts for Adults



Why should Adults Learn about Poisoning?

People of all ages are at risk for poisoning, especially from prescription and over the counter medicines.

What are Some Poisoning Risks?

- Taking too much medicine
- Taking medicine at the wrong time, or forgetting to take it.
- Breathing carbon monoxide fumes from a leaky gas furnace or stove.
- Mixing cleaning products together, which can make a poisonous gas.
- Spilling bleach on your skin or splashing it in your eye or mouth.
- Storing cleaners in unlabeled containers

Call about:

- Medicine overdoses or questions
- Insect bites or bee stings
- Breathing in pesticides or other fumes
- Food Poisoning and more

What should I do?

If you suspect a poisoning, don't wait for symptoms, call the Wisconsin Poison Center right away at **1-800-222-1222**.

Call is free and confidential

Help is available 24 hours a day,
365 days a year

Medicines and You

A Guide for All Adults



Medicine Safety Tips:

Read and follow the directions. If you have questions, ask your doctor, pharmacist, or call the Wisconsin Poison Center at **1-800-222-1222**.

Take a list of ALL your medicines with you to your medical appointments, including over-the-counter medicines, vitamins and supplements. Ask your doctor to review it.

Keep a list of all of your current medications on your refrigerator where emergency responders or family members can find it.

Take medicine as prescribed, even if you are feeling better.

Never share your prescription medicines with anyone else or take someone else's medicine.

Always turn on the light and put on your glasses before taking or giving medicine.

Use a calendar, pill box or other ways to help you remember what you need to take and when.

Get rid of old or discontinued medicines. Drop them off at a Medication Drop site in your community. You can call the poison center for locations.

Keep all medicine in child resistant containers if small children live with you.