

# Self-Inflicted Poisonings

Below are a few safety tips that were adapted from the American Association of Poison Control Centers, the Louisiana Poison Control Center and the CDC.

## Poison Control Center Emergency Number



### Prevention Tips:

#### Make your home safer

- Post the poison control number for Louisiana 1.800.256-9822, on or near every home telephone.
- Store all medicines, household products, and personal care products in locked cabinets that are out of reach of small children, and have child resistant caps.
- Know the names of the plants in your house and yard. Identify poisonous plants and place them out of reach of children or remove them.
- Be aware of any medicines that visitors may bring into your home. Make sure your visitors do not leave their medicines where children can find them easily, for example in an unattended purse or suitcase.
- Check your house for lead-based paints. Contact the National Lead Information Center at 1-800-424-LEAD to receive more detailed information.

#### What to do if a poisoning exposure occurs

1. Remain calm.
2. If you have a poison emergency and the victim has collapsed or is not breathing call 911.
3. If you have a poison exposure and the victim is alert call 1-800-256-9822. Try to have the following information ready if possible:
  - the person's age and estimated weight
  - the container or bottle of the poisonous product, if available
  - time that the poison exposure occurred
  - your name and phone number
4. Follow the instructions from the emergency operator or the poison control center.

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