

Poisoning

Body & health

The first steps, and the two things never to do.

Educational reference. Call your poisons centre or emergency services immediately.

1

Make the area safe

Fumes and chemicals affect rescuers too. Ventilate or move away.

2

Call for advice immediately

Emergency services or a poisons information line.

3

Identify what and how much

Keep the container or plant. Note the time.

4

Do not induce vomiting

It can cause more damage on the way back up.

5

Recovery position if unconscious

Breathing normally, monitored continuously.

NEVER

Never induce vomiting

Never give milk or salt water

Never assume a small amount is safe

Educational reference. Take the packaging to hospital — identifying the substance changes the treatment.