

# HEALTH INFORMATION



## First Aid for Poisoning



### Swallowed Poison

Immediate first aid actions:

- allow the victim to rest
- give not more than 2 ounces of water

Do not give activated charcoal. Find out what has been swallowed, including the TIME it was taken, the EXACT NAME of the substance or medicine, and how MUCH has been swallowed.

If a liquid chemical has been swallowed, rinse the mouth with water (and spit it out) several times. Contact us for more advice.

### Poison in the Eye

Immediately rinse out the eye(s) with a gentle, steady stream of warm water for 15 minutes. This is very uncomfortable, and young children may not be able to cooperate. Help the victim to keep eyes OPEN as the rinsing is done: if this too difficult then encourage them to blink constantly as the eye is rinsed. Contact us for more advice.

### Inhaled Poison

Victims should be moved into fresh air and allowed to rest. The room(s) in which the gas/vapor occurred should be ventilated with open windows, fans, etc. Breathing in fresh air is the most important first aid. Remember that persons with respiratory diseases, especially asthma, may react to inhaled gas/vapor more severely than others. Contact us for more advice.

### Poison on the Skin

Remove any clothing that has become contaminated by the substance(s). Wear latex/nitrile gloves to avoid getting any of the poison on your own skin. If the poison is a dry substance, try to gently brush off as much as possible before rinsing. Rinse the skin with a steady stream of water for 5 to 10 minutes. Then wash the skin with mild soap, and rinse with lots of water for another 5 minutes. Contact us for more advice.

### Virginia Poison Center

VCU Health

Phone: (804) 828-4780

Web: [poison.vcu.edu](http://poison.vcu.edu)



VIRGINIA  
POISON CENTER

Scan for  
Online  
Help:



**IMPORTANT: Call 911 if the victim is unconscious, seizing or can't breathe.**