You swallowed it.
Or breathed it in.
Or spilled it on your skin.

Here’s what happens when you call

1 Did someone eat, drink, touch or breathe in something that may hurt them?
Or maybe you just have a question. **Don’t guess, be sure** by calling the California Poison Help Line.

2 **Call 1-800-222-1222.**
Tell the California Poison Help Line expert who answers what happened. They’ll want to know: **Was it medicine? A cleaner? A plant? An insect?** If possible, have it with you when you call.

3 **What’s going on?**
We will ask you some questions to assess the situation and tell you quickly, right over the phone, what to do.

4 **Usually, we’ll be able to help take care of the problem with one phone call.**
If we think you need to go to an emergency room, we will call ahead to alert them that you’re coming so you don’t have to wait. We want to make sure everything is okay. If necessary, we’ll call you back to check.

Don’t Be fast, free, expert help
CALIFORNIA POISON CONTROL
1-800-222-1222

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To view and order brochures go to
www.calpoison.org

The California Poison Control System is part of the School of Pharmacy, Division of Clinical Pharmacy at the University of California, San Francisco.
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Hair color, window spray, vitamins—dangerous? Could be.

Lots of common household products can be bad for us if accidentally swallowed, overused, splashed in eyes or spilled on bare skin.

Iron supplements are very harmful if eaten by a young child.

Hair color may contain ammonia, which can be toxic if swallowed by a child.

Shampoo can cause vomiting if swallowed.

Cold medicine mixed with alcohol can make you dangerously sleepy.

Perfumes and colognes may smell good but they’re made with alcohol—dangerous to young children.

Get help from an expert anytime. FAST, PRIVATE, FREE

9-1-1 operators and hospital emergency rooms call us for help treating poisoning.

Our medical staff can give you treatment advice or answer questions on any poisoning topic, including:

- Food poisoning
- Bug bites, stings and snakebites
- Home and garden plants
- Wild mushrooms
- Allergic reactions
- Street drugs
- Fumes and gases from chemicals

Parents and doctors rely on us.

CALIFORNIA POISON HELP LINE 1-800-222-1222

Don’t guess. Be sure.