

Poison & First Aid Information

Hennepin County Poison Control

1-800-222-1222

Follow these steps if you think someone has been poisoned

BEFORE CALLING FOR HELP:

REMOVE: Poison from contact with the person.

EYES: Flush with lukewarm water, NOT HOT water, in a gentle stream for 10-15 minutes with eyelids open. Pour water from container held 2-4 inches above the eye. DO NOT rub eyes.

SKIN: Remove any clothing that has come in contact with the poison. Flush poison off with large amounts of lukewarm water poured from a container 2-4 inches from skin for 10-15 minutes.

MOUTH: Remove any medication, plant or poison from the mouth. Rinse the mouth out with water; if unable to rinse, gently wipe out mouth with a cloth. Check mouth carefully for burns, cuts, unusual coloring, swelling irritation.

LUNGS: Get to fresh air as soon as possible and loosen clothing if exposed to gases or fumes. Initiate mouth to mouth if necessary.

Give WATER: When potential poisons have been swallowed, unless the person is unconscious, having convulsions, or cannot swallow.

NEVER: Make the person vomit unless the Poison Center directs you to.

Emergency First Aid

KNOCKED-OUT TEETH

- * Seek immediate help from an oral and maxillofacial surgeon. Most knocked-out teeth can be saved if cared for properly and reimplanted within 40 to 60 minutes. Call your family dentist for an emergency referral or go to a hospital emergency department where the on-call OMS can assist you.
- * Find tooth and hold by crown only.
- * Rinse tooth; do not rub. Avoid contact with root.
- * Replace tooth in socket, cover with gauze or tissue, and bite down to stabilize it. Or store tooth temporarily in cold milk or salt water, or between cheek and gum.
- * Do not allow tooth to dry out.

BROKEN TOOTH

- * Clean injured area; apply ice.
- * Save tip of tooth. Contact your family dentist immediately. He or she may be able to reattach the broken part.

FACIAL CUTS

- * Cover wound with a clean dressing. Apply pressure.
- * Do not remove blood-soaked dressing.
- * Add additional cloth and apply pressure.

CUTS INSIDE THE MOUTH

- * Gently rinse mouth with cold water.
- * Bite on gauze, clean cloth or tissue and apply pressure to the wound.

HEAD AND NECK INJURY

- * Do not move victim without professional assistance.
- * Immobilize head by placing rolled towels on either side.
- * Keep victim warm to reduce risk of shock.
- * If unconscious, clear mouth. Hold tongue forward to maintain open airway.