

Poisons First Aid

Poisoning can occur by swallowing, splashing on the skin or eyes or inhaling fumes.

Follow these easy first aid tips at home and remember to always call for help.

Call NHS 111 for advice

Call 999 if severe symptoms occur

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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



UK Health
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Cardiff
Caerdydd



AWTTC
All Wales Therapeutics & Toxicology Centre
Canolfan Therapiwtteg a Thocsicoleg Cymru Gyfan

This information is correct as of October 2024 and may be subject to change, for further advice please call NHS 111.

Eyes

- ▶ Continuously rinse the eyes with water
- ▶ Do not put anything else in the eye (*e.g. eye drops*)
- ▶ Seek medical attention



Inhalation

- ▶ Call 999 immediately if there is difficulty breathing
- ▶ Go outside for some fresh air
- ▶ Air out the property by opening windows
- ▶ Seek medical attention



Skin

- ▶ Take off any soiled clothing (*not over your head*)
- ▶ Continuously rinse the skin with water
- ▶ Seek medical attention



Swallowing

- ▶ Call 999 immediately if choking or difficulty breathing occurs
- ▶ Do not force vomiting, this can cause harm
- ▶ Seek medical attention



Find out more on our website
or scan the QR code:

www.poisons.wales

 @WalesTox



Example low risk items

If symptoms occur seek medical attention



- Craft items (*children's paint, glitter, paper*)
- Toys (*including the liquid inside*)
- Ice packs (*for cooling food and drink*)
- Mouldy food
- Soap, shower gel, shampoo, washing up liquid
- Contraceptive pill, HRT
- Creams and moisturisers (*e.g. Sudocrem®*)
- Wipes
- Vitamins B, C, E
- Animal Faeces
- Grass or soil
- Silica gel (*desiccant sachets/moisture absorber*)
- Candles

Example dangerous items

If exposed, seek urgent medical attention



- Button batteries
- Magnets
- Carbon monoxide
- Concentrated washing detergents (*Liquitabs*)
- Concentrated essential oils (*Diffuser oil*)
- Concentrated kettle descalers, oven cleaners, bleaches
- Common salt (*in excess*)
- Medication overdose (*paracetamol, opioids, multivitamins containing iron*)
- Cigarettes, E-cig liquid and vapes
- Illegal drugs
- Alcohol
- Antifreeze
- Rat bait, insect spray and weed killers
- Snakebites
- Some wild mushrooms, berries and plants



Labels to look out for on chemicals and cleaning products

Keep any product packaging or labels



Corrosive items can cause serious damage if swallowed, in the eyes, on the skin or inhaled (e.g. concentrated acid or alkali cleaning products such as oven cleaners).



Irritant items can irritate the skin, eyes and nose, as well as cause an upset stomach (e.g. low concentration detergents such as household bleach).

Call 999 immediately if your child:

- Is unconscious
- Has difficulty breathing
- Has swallowed a button battery or multiple magnets
- Is experiencing any burns (fire or chemical)

Call 999 if severe symptoms occur

Call NHS 111 for advice

Cymorth Cyntaf Gwenwynau

Gall gwenwyno ddigwydd trwy
lyncu, trwy'r croen neu'r llygaid neu
drwy anadlu mygdarth.

Dilynwch yr awgrymiadau cymorth
cyntaf hawdd hyn gartref, a chofiwch
alw am help bob amser!

Ffoniwch GIG 111 am gyngor

**Ffoniwch 999 am
symptomau difrifol**



GIG
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*Mae'r wybodaeth hon yn gywir o fis Hydref 2024 ond mae newidiadau yn y
dyfodol yn bosib, am gyngor pellach ffoniwch GIG 111.*

Llygaid

- ▶ Golchwch eich llygaid gyda dŵr yn barhaus
- ▶ Peidiwch a rhoi unrhyw beth arall yn eich llygaid (*e.e drops*)
- ▶ Ceisiwch sylw meddygol



Anadlu

- ▶ Os oes trafferth anadlu, ffoniwch 999
- ▶ Ewch tu allan i gael awyr iach
- ▶ Awyrwch y tŷ wrth agor y ffenestri
- ▶ Ceisiwch sylw meddygol



Croen

- ▶ Tynnwch dillad sydd wedi'u gwlychu (peidiwch â'u tynnu dros y pen)
- ▶ Golchwch y croen gyda dŵr yn barhaus
- ▶ Ceisiwch sylw meddygol



Llyncu

- ▶ Os oes trafferth anadlu neu mygu, ffoniwch 999
- ▶ Peidiwch ag annog rhywun i chwydu, gall achosi fwy o niwed
- ▶ Ceisiwch sylw meddygol



Am fwy o wybodaeth eich i'r
wefan neu sganiwch y QR:

www.gwenwyn.cymru

 @WalesTox



Enghreiffiau eitemau risg isel

Os oes symptomau ceisiwch sylw meddygol



- Eitemau crefft (*paent plant, glitter, papur*)
- Teganau (*gan gynnwys yr hylif tu fewn*)
- Pecynnau rhew (*i oeri bwyd/diod*)
- Bwyd sydd wedi llwydo
- Sebonnau, geliau cawod, siampŵ, hylif golchi llestri
- Pilsen atal-cenhedlu, HRT
- Eli a lleithyddion (*e.e. Sudocrem®*)
- 'Wipes'
- Fitaminau B, C, E
- Baw anifeiliaid
- Glaswellt a phridd
- Geliau silica (*amsugnwr lleithder*)
- Canhwyllau

Enghreiffiau eitemau peryglus

Ceisiwch sylw meddygol brys



- Batris botwm
- Magnetau
- Carbon monocsid
- Hylifau crynodedig golchi dillad (*Liquitabs*)
- Olewau hanfodol crynodedig (*Olew tryledwr*)
- Bleach neu deunydd glanhau crynodedig (*i lanhau tegell, popty*)
- Halen cyffredin (*gormodedd*)
- Gorddos Meddyginiaeth (*e.e. paracetamol, opioidau, amlfitaminau gyda haearn*)
- Sigarets, hylif 'E-cig' a vapes
- Cyffuriau anghyfreithlon
- Alcohol
- Gwrthrewyddion
- Lladdwyr chwyn, pryfaid a llygod mawr
- Brathiad neidr
- Rhai madarch gwyllt, aeron a phlanhigion



Labeli i gadw llygad amdanynt ar gemegau a chynhyrchion glanhau

Ceisiwch gadw unrhyw ddeunydd pacio neu labeli



Gall eitemau cyrydol achosi difrod difrifol os cânt eu llyncu, yn y llygaid, ar y croen neu eu hanadlu (e.e. asid crynodedig neu gynhyrchion glanhau alcali fel glanhawyr popty).



Gall eitemau llidus cythruddo y croen, y llygaid a'r trwyn yn ogystal ag achosi stumog ofidus (e.e. cynhyrchion glanhau llai dwys fel cannydd cartref).

Ffoniwch 999 yn syth os yw eich plentyn:

- Yn anymwybodol
- Yn cael trafferth anadlu
- Wedi llyncu batri botwm neu magedau
- Wedi llosgi (gyda thân neu gemegyn)

Ffoniwch 999 am symptomau difrifol

Ffoniwch GIG 111 am gyngor