

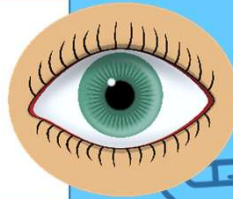
First aid steps in the home..

# Poisons First Aid

Call NHS 111 for advice  
Call 999 for severe symptoms

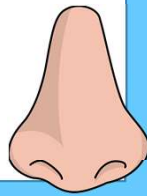
## Eyes

1. Rinse with water for 10-15 mins
2. Don't put anything else in the eye
3. Call NHS 111\*



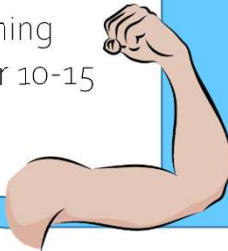
## Inhalation

1. Call 999 if there is difficulty breathing
2. Go outside for fresh air
3. Ventilate the property (open windows)
4. Call NHS 111\*



## Skin

1. Take off contaminated clothing
2. Rinse the skin with water for 10-15 mins
3. Call NHS 111\*



## Swallowing

1. Call 999 if choking occurs or there is difficulty breathing
2. Never induce someone to vomit, this can cause harm
3. Call NHS 111\*
4. Keep any product packaging and labels



The WNPU provides poisoning advice to healthcare professionals, unfortunately we do not directly advise members of the public.

For any poisoning related questions or concerns please call NHS 111 or your GP, with the product information to hand.

\*If severe symptoms are present please call 999.



**WNPU**

Uned Gwenwynau Cenedlaethol Cymru  
Welsh National Poisons Unit

**NPIS**

Service commissioned by UKHSA.

## Low risk items

(Call NHS 111 if there are any symptoms or if a large amount is swallowed)

- Craft items, children's paint, glitter
- Toys (including the liquid inside)
- Ice packs (for cooling food/drinks)
- Mouldy food
- Soap, shower gel, shampoo and washing up liquid
- Contraceptive pill, HRT
- Creams (sudocrem), moisturiser
- Wipes
- Vitamins B, C, E
- Nappies
- Animal faeces
- Grass, soil
- Silica gel

Call 999 if your child is:

- Unconscious
- Has difficulty breathing
- Swallowed a button battery
- Experiencing any burns (fire or chemical)

**Call NHS 111 for advice**  
**Call 999 for severe symptoms**



For more information,  
scan the QR code  
or visit  
[www.poisons.wales](http://www.poisons.wales)

## Dangers

- Button batteries
- Multiple magnets
- Carbon monoxide
- Liquitabs (Concentrated washing detergent)
- Common Salt (excess)
- Concentrated essential oils
- Oven cleaner, concentrated descaler
- Cigarettes, E-cig liquid and vapes
- Any medication
- Paracetamol (including Calpol)
- Multivitamins (Iron, vitamin A)
- Illicit drugs
- Alcohol
- Antifreeze
- Rat, insect and weedkillers
- Snakebite (Adder)
- Wild mushrooms
- Some berries or plants



Corrosive items can cause significant harm if swallowed, in eyes or on the skin.



Items can cause irritation symptoms for patients.

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