

# What is a poison?

## How can you get poisoned?

You can get poisoned by eating, drinking, touching, or smelling something that can make you sick or hurt you. Some things, like medicine, can make you sick if you take the wrong kind, or if you take too much. Always ask a trusted grown-up before you take any medicine. Never put anything in your mouth if you are not sure if it is safe to eat. Ask a grown-up first!

## Where are poisons found?

Poison can be found in any room in your home. They can even be found in Grandma's purse! Poisons can be found outside, like some plants, berries and mushrooms.

## What can you do if someone gets poisoned?

If you think you got into a poison, tell a grown-up right away! They will call the poison center. The poison center will tell them how to help you. If you think your Mom or Dad, or your brother or sister, or even your friend got into a poison, you can call the poison center too. Learn the poison center's phone number: and make sure you have the number of the poison center on or near the telephones in your house.

**If you don't know what something is, never put it in your mouth.  
Always ask a trusted grown up first.**

Never take medicine unless a grown-up gives it to you.

Some plants and berries are poisonous. Always ask a grown-up before you put them in your mouth.

Always let grown-ups use spray cans and bottles. Do not touch or play with them!

Stay away from things used to clean your house, clothes or car.

For more poison prevention and first aid information call **1-800-222-1222**.

