



Health and Wellness Tip of the Week - Week 9

March 3, 2014

Monthly Topic

National Poison Prevention Week is in March so it's a great time to provide poison prevention tips to your employees



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Fast facts to slow down poisoning risk

Poison acts quickly and so should you if you think someone has been poisoned. Just remember to remain as calm as possible. You can prepare ahead of time by learning these facts:

- Call 911 if the victim isn't breathing or awake.
- Contact the toll-free poison help number at **800-222-1222** if the victim is alert and awake.
- Be prepared to provide lifesaving information including the time of poisoning, address where it occurred and the victim's weight and age.
- Try to locate the poison container, if possible, to provide more details.
- Remain on the phone and follow emergency instructions carefully.

Source: Centers for Disease Control and Prevention