

First Aid for Poison Ingestion

This playbook provides a step-by-step guide to handle emergencies involving poison ingestion. It covers the use of activated charcoal and the importance of contacting poison control centers.

Step 1: **Assess Situation**

Quickly evaluate the victim's condition and determine if they have ingested a poison. Check for any containers or substances that can help identify the poison. Look for signs of poisoning, which can include difficulty breathing, vomiting, dizziness, or confusion.

Step 2: **Protect Yourself**

Ensure you are protected from any potential harm. Wear gloves if available and be cautious to avoid contaminating yourself with the poison.

Step 3: **Call for Help**

Immediately call the local emergency services number. Provide them with all the necessary information, including the victim's condition, the type of poison ingested (if known), and any first aid measures already taken.

Step 4: Do Not Induce Vomiting

Unless instructed otherwise by a medical professional, do not induce vomiting in the poisoned individual. This can lead to further complications.

Step 5: Use Activated Charcoal

If advised by poison control or emergency personnel, administer activated charcoal. Activated charcoal can help bind to certain types of poisons and prevent them from being absorbed into the bloodstream.

Step 6: Provide Support

While waiting for medical help, comfort the victim and monitor their vital signs. Keep them calm and still to slow the spread of the poison.

Step 7: Follow Instructions

Carefully follow all instructions given by the poison control center or emergency responders, whether it is about administering first aid or preparing the victim for transport to a medical facility.

General Notes

Poison Control Number

Keep the contact number for the poison control center readily accessible in case of emergencies.

Activated Charcoal

Have activated charcoal on hand if there is a risk of poison in your environment, but only use it after consulting medical professionals.

Prevention

Prevent poisoning by storing potential poisons out of reach of children and clearly labeling all containers with hazardous substances.

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