

First aid in case of poisoning

- Call the Poison Centre or your doctor. Do not wait for potential symptoms to occur.
- Don't drink milk: milk is not an antidote!
- Do not induce vomiting. Vomiting can worsen the situation. Seek advice by calling the Poison Centre or your doctor first.
- If a product is splashed in the eyes or on the skin, always rinse abundantly with tap water.
- If a toxic or irritating gas is inhaled, move the victim to fresh air immediately and let them rest.

When you call the Poison Centre, we will ask some questions to help us assess the exposure. These may include:

- What happened?
- Who was exposed? Details of age and weight are vital.
- What product(s) were implicated. Outline the amount(s) involved.
- When and where did the exposure occur?
- How is the person now? Are there any symptoms?
- It is difficult to describe and name a plant, a berry or a mushroom over the phone. It is possible that the doctor or pharmacist on the phone will ask you to contact a specialist.

“ Do not wait for symptoms to call the Poison Centre. ”

HAZARD PICTOGRAMS



Would you like more information:

Poison Centre
c/o Militair Hospitaal Koningin Astrid
Bruynstraat 1 - 1120 Brussels
t +32 2 264 96 36 - f +32 2 264 96 46
info@poisoncentre.be
www.poisoncentre.be



In case of poisoning, call

070 245 245

Free of charge
24/7





Store products in their original packaging, never pour them into drinking bottles.

THE POISON CENTRE HAS A COMMUNITY MISSION

An experienced team is available day and night for expert advice by telephone in cases of poisoning.

The Poison Centre manages a database with extensive documentation on toxic substances.

The composition of hazardous products are submitted to the Poison Centre on a confidential basis.

A limited number of antidotes are made available for urgent treatment of hospitalised patients.

Who calls the Poison Centre?

Three out of four calls come from the public. One quarter of the calls come from medical professionals (doctors, pharmacists, nurses), emergency services and veterinarians.

Principal causes of intoxication

Most calls are due to medication accidents. Household products come second. Both categories together account for more than 70% of the accidents. There are also calls about pesticides and fertilisers, plants, mushrooms, cosmetics and food.

Tips to prevent intoxication

- Keep medicines and household products out of reach of children.
- Keep children at a distance when working with dangerous products (solvents, strong detergents, pesticides, ...).
- Store products in their original packaging or containers. Never pour liquids into drinking bottles.
- Be careful with dangerous products. Do not mix household products.
- Read the label and instructions carefully before using a product.
- Write down the name of the plants in your home and garden. Preferably choose harmless species.
- Carbon monoxide inhalation remains the top cause of lethal poisoning in our country:
 - Ensure regular maintenance of heating and hot water heaters.
 - Ensure adequate ventilation around heaters.
 - Have chimneys and flues checked regularly.

Advice by telephone in case of poisoning

The Poison Centre, founded in 1963, is a royal foundation of public utility, recognised in the context of emergency assistance. The Poison Centre responds to more than 55,000 calls per year or more than 150 per day. The Centre serves the inhabitants of Belgium and those of the Grand Duchy of Luxembourg.

Number of calls per year

