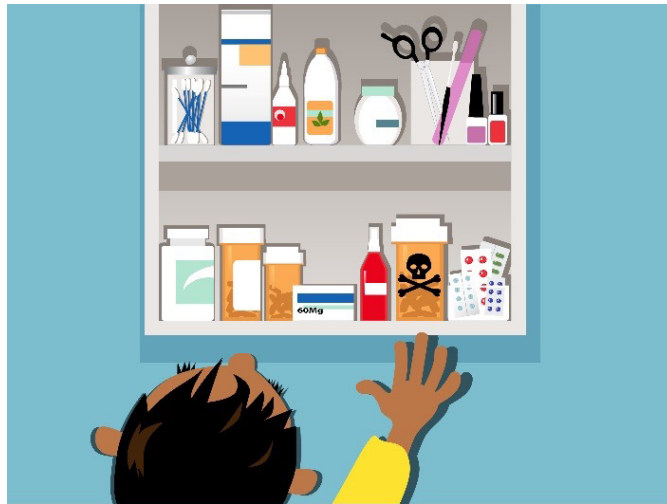


## How To Care for Your Child with Accidental Poison Exposure

This leaflet will provide you with information about types of poisoning exposure, symptoms, diagnosis, treatment, and home care advice.



### What is a poison?

A poison is something that can harm your child if it gets inside their body through swallowing, breathing, skin contact, or injection.

### What are the causes of poisoning?

Several household items may cause poisoning such as:

- Medicines
- Cleaning products
- Cosmetic and personal care products
- Certain Foods and drinks
- Gasoline and other Fuels products
- Herbal products and supplements
- Animal Bites and stings
- Carbon monoxide
- Pesticides

## What are the symptoms of poisoning?

Some poisons may not always show immediate symptoms. Common symptoms include:

- Coughing
- Trouble breathing
- Vomiting
- Stomach pain
- Skin irritation and burns
- Confusion or unusual behavior
- Drowsiness and sleepiness
- Seizures
- Agitation and behavior changes

## How is poisoning diagnosed?

The doctor will ask about your child's health and what they might have been exposed to. They will check your child. Tests or blood samples may be needed.

## How is poisoning treated?

Treatment may include:

- Supportive care such as giving oxygen, fluids, or medicine to support blood pressure
- Removing poison from the stomach with activated charcoal and whole bowel irrigation
- Specific antidotes depending on the poison

## Home care advice:

- Call Qatar Poison Center at 40031111 for first aid advice, available from 9:00 AM to 1:00 AM
- Be prepared to provide your child's age, weight, symptoms, the substance's name and amount, the time of exposure, and any home treatments given
- Keep your child comfortable and follow the following steps until you see a doctor:
  - 1. If your child swallowed a poisonous substance:**
    - Do not make your child vomit
    - Clear any remaining substances from your child mouth
  - 2. If your child came into contact with a poisonous substance on the skin:**
    - Remove clothes with poison on your child
    - Rinse your child skin with water for 15-20 minutes
  - 3. If your child came into contact with a poisonous substance on the eye:**
    - Gently flush your child eye with cool or warm water for 20 minutes or until help arrives
  - 4. If your child inhaled a poisonous substance:**
    - Take your child to fresh air

## When should I seek medical advice?

- Call the Qatar Poison Center on 40031111, if your child shows no symptoms
- Call 999 or go to Emergency Department if your child experiences:
  - Decreased level of consciousness, or passing out
  - Seizures
  - Drowsiness
  - Abnormal behavior or acting strange
  - Difficulty breathing

Sidra Medicine cares about your health. The information in this leaflet should not be used as a substitute for the medical care and the advice of your doctor. Ask your healthcare provider about this information if you have questions. You can find us on [www.sidra.org](http://www.sidra.org)