



Prevent serious poisonings in SENIORS...

- **READ** the label and **FOLLOW** the directions for every medication.
- Tell each of your doctors about **EVERY** medicine, vitamin, herbal or supplement you take.
- **NEVER MIX** cleaning products. Poisonous gases, explosions, or burns may result.
- Store products in **ORIGINAL CONTAINERS**.
- Keep household products away from food and medicine so they aren't mixed up.
- Install **CARBON MONOXIDE ALARMS** in the hallway near every sleeping area in your home.
- Never leave a car running in an attached garage, even if the garage door is open.

POISON
Help
1-800-222-1222

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GET INFORMATION...GET HELP

- These stickers have the poison center's 24-hour number on them. Put one on or near each phone.
- **ACT FAST** if you think you've been poisoned – or just have a question. Call the poison control experts at **1-800-222-1222**. Free and confidential.