

WASHINGTON POISON CENTER'S FAST FACTS FOR TEENS

Free and available 24/7/365

You can reach a nurse or a pharmacist for free any time of day. We are always here to help!

Everything you tell us is 100% confidential

Our only concern is your health. We will ask you questions to determine your best treatment options. You can decline to answer any of these questions. We will also help you determine if you need to ask your parents or another adult for help.

Call us about accidents or intentional exposures to any harmful substances

- You took too much medicine
- You feel sick after using medicine, drugs, or alcohol
- You think you have food poisoning
- You had an accident with a household chemical
- Or anything else!

It doesn't have to be an emergency

You can call us to ask questions! Like if it's safe to take two medicines together, or what to do if you skip a dose of your prescription medicine.

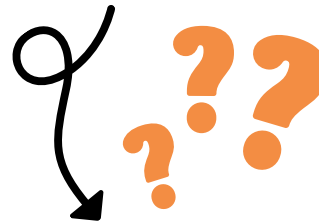
Anyone can call

Call about yourself, a friend, a family member... anyone who needs help. Interpreters in over 260 languages are available if English is not your preferred language.



Call us for Poison Help at
1-800-222-1222

Your call is answered
by a nurse or pharmacist



They will ask you questions about
what happened and how you or
the other person is doing



They will tell you what you need to do,
including if you need to go to a hospital
or if you can stay home

Who to call:

Call 911 if someone isn't breathing or won't wake up

Call 988 if someone is having a mental health crisis

Call 1-800-222-1222 (Washington Poison Center)
for emergencies or questions about harmful substances