

WHAT TO DO IF SOMEONE IS EXPOSED TO HOUSEHOLD CHEMICALS

OFFICIAL UPDATES LU-Alert · RTL, 100.7 · 112

DO THIS NOW

- 1** Move away from fumes into fresh air without putting yourself at risk. If fumes are strong, leave the building. Keep children and pets away.
- 2** Call **112** immediately if the person is unconscious, has trouble breathing or is badly hurt. Follow the operator's first-aid instructions.
- 3** **In the eyes:** start rinsing immediately with lukewarm running water. Hold the eyelids open and rinse for at least **10** minutes, longer for corrosive products. Ask someone to call the poison centre while you rinse.
- 4** **On the skin:** protect your hands and remove contaminated clothing. Carefully brush off dry chemicals first, then rinse with plenty of cool or lukewarm running water. Keep rinsing while getting advice; do not apply creams or other chemicals.
- 5** **If swallowed: do not make the person vomit.** Do not give them food, drink or a home remedy. Do not wait for symptoms before seeking advice.
- 6** Call the poison centre on **8002 5500**. Have the container or label ready; say what happened, when, how much was involved and what symptoms the person has.
- 7** Stay with the person and watch their breathing. If they become unresponsive or stop breathing normally, call **112** and follow the operator's instructions.

BEFORE

STORE PRODUCTS SAFELY

- Keep cleaning, garden and car products in their original containers, with the labels on. Never pour them into drinks bottles.
- Store them high up or locked away, out of reach of children and pets.
- Never mix cleaning products with each other. Some mixtures give off toxic gas.

- Use strong products with the window open, and follow the instructions on the label.

KEEP EMERGENCY NUMBERS HANDY

- Write the poison centre number and **112** into your **household plan** and keep them next to the phone.

- Take a first-aid course with the Red Cross or the CGDIS (cours.cgdis.lu). Keep disposable gloves in the first-aid kit; see the **emergency kit checklist**.
- If someone feels ill near a fuel-burning heater, boiler or engine, suspect **carbon monoxide**. It has no smell.

AFTER

- Air the room well before anyone goes back in, and clean up a spill only if the poison centre says it is safe to do so.
- If symptoms come back or get worse, call the poison centre or a doctor again.
- Work out how it happened, and move or lock away the product so it cannot happen again.
- If you feel guilty or shaken after your child was exposed, talk to someone you trust.
- See **Coping with a crisis**.
- For a leak or cloud from a factory or a lorry, not from your home, see **Chemical leak**.

IF YOU ARE...

LOOKING AFTER CHILDREN

- Young children put things in their mouths and cannot read labels. If a child may have swallowed or touched a product, call the poison centre straight away.
- Keep the product and the packaging, so you can tell the poison centre exactly what

it was.

OLDER, ILL, OR LIVING WITH A DISABILITY

- Keep products in their own containers, away from food and medicines, so they cannot be mistaken for something else.

- Ask someone to help with strong products if you have trouble seeing or keeping your hands steady.

WITH PETS

- Call your vet straight away if an animal licks, swallows or walks through a product.

EASY-READ SUMMARY

 Get into fresh air at once.

 Call **112** if the person is unconscious or cannot breathe well.

 Rinse chemicals off eyes and skin with running water.

 Do not make the person vomit.

 Call the poison centre: **8002 5500**.

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