

# Poison Center Help is Free, Expert and Confidential.



**We help people of all ages —  
in all types of situations.**

- When children get into household products, poison center experts are just one call away.
- Poison centers help seniors and people of all ages when they take too much or the wrong medicine.
- Poison centers give advice about preventing and treating chemical exposures on the job.

**POISON  
Help**  
**1-800-222-1222**

For poison prevention tips, visit [www.iowapoison.org](http://www.iowapoison.org)

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