

## **CAUSES OF POISONING AND MEASURES TO PREVENT IT**

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### **Abstract**

Any foreign substance that enters the body and causes poisoning, illness or death is a poison. The consequences of poisoning depend on the type and quantity of the poisonous substance, the time of the poisoning, how long the contact with the poisonous substance lasted, the physiological parameters of the victim (age, weight) and the way it entered the body..

**Key words:** Poison, contact, dermal method, injection, bruising, exsanguination, skin burns, gastric lavage, examination.

A poisonous substance can enter the human body in four different ways: digestive tract, respiratory tract, skin (dermal method) and injection.

Gastrointestinal poisoning occurs as a result of toxic substances entering the body through the mouth or by touching the lips or oral mucosa. These substances can be: medicines, detergents, pesticides, fungi and plants. Many substances are not considered toxic and cause poisoning only when taken in large quantities.

### **Signs and symptoms of poisoning**

1. Nausea, vomiting.
2. Diarrhea.
3. Chest or stomach pain.
4. Breathing disorder.
5. Sweating a lot.
6. Salivation.
7. Fainting.

8. Muscle flight and traction.
9. Burns around the lips, tongue or skin.
10. Unnatural color of the skin, itching, injury.
11. Strange behavior of the victim.

### **First aid for poisoning:**

In any emergency situation related to poisoning, the basic rules of first aid are followed.

The victim or witnesses are asked what kind of poison was taken, how much was taken and how long it took.

If the type of toxic substance is unknown, a small sample of the vomit mass is taken for medical examination.

### **First aid for oral poisoning:**

A liter of water boiled and cooled to room temperature is drunk to the patient in one breath, and after putting a finger in his mouth, he vomits. If the victim is an unconscious, struggling, pregnant woman, swallowed a caustic substance (acid or alkali) or a product containing oil (kerosene or gasoline), has heart disease, it cannot be reversed.

When vomiting, only a part of the ingested toxic substance leaves the body, therefore, after vomiting, to reduce the concentration of the toxic substance in the stomach, the victim should drink 5-6 glasses of water, vomit again if necessary, and call an ambulance immediately.

**In order to prevent plant poisoning**, do not use unknown plants for food, do not allow children to pick the fruit themselves, do not drink herbal extracts prepared at home without a doctor's advice, do not arbitrarily increase the dose of herbal extracts and decoctions prescribed by the doctor, the first thing when going on a trip Don't forget to get a first aid kit and learn how to prevent poisoning.

### **Signs and symptoms of plant poisoning**

Plant poison severely damages the mucous membrane of the digestive tract. Symptoms of poisoning with plant poison appear after 1-2 hours.

1. Nausea, vomiting and diarrhea begin.
2. Severe dehydration causes general dehydration.

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3. When poisoned , the head becomes dizzy and the eyes begin to see different things.

### **First aid for plant poisoning**

1. Follow the same instructions as for oral poisoning.
2. The victim can be given an absorbent, for example, stale bread.

Lay the victim down and call an ambulance

### **Providing first aid for poisoning with gaseous toxins entering the respiratory tract:**

In order to protect the victim from the effects of gas or steam, it is necessary to take him out into the open air and call an ambulance. Monitor airways, breathing and pulse, and provide first aid if necessary. It is necessary to help the victim to sit comfortably until the ambulance arrives.

Gaseous or inhaled toxic substances enter the body when inhaled. They include gases and vapors, for example, car fumes or exhaust gas entering the room as a result of poor ventilation of the oven or heating device, nitrogen dioxide (intoxicating or dizzying gas) and chlorine used in production, various glues, dyes. , solvent-cleaning agents are included.

### **Carbon monoxide (CO) poisoning**

Carbon dioxide is a colorless and odorless gas. The main danger of carbon monoxide gas is that it quickly enters the blood cells through the lungs and replaces the oxygen present in it. As a result, oxygen starvation (hypoxia) occurs in the body. Poisoning can occur from the operation of gasoline engines (exhaust gases), natural gas combustion, fires, and some industrial facilities.

#### **Signs and symptoms of carbon monoxide poisoning**

- Headache, nausea.
- Shortness of breath.
- Brain distraction.
- The skin takes on a cherry color.
- Prolonged and direct exposure to carbon monoxide can cause death

### **First aid for gas poisoning**

1. To remove the victim from the poisoning zone to fresh air.
- Cardiopulmonary resuscitation should be performed

## **First aid for skin poisoning**

It is necessary to try not to touch the clothes contaminated with a toxic substance until they are removed and washed. If there is an injury, for example, a burn, a clean or sterilized glove is applied.

If a rash or blisters appear on the skin, wash the affected area with baking soda solution for 20 minutes to reduce itching.

If the victim's condition worsens or a large area is damaged, it is necessary to consult a doctor.

It is necessary to protect the skin from contact with poisonous plants, wear protective gloves, immediately wash the affected areas with soap, wipe dry chemicals, try not to damage the skin coating, be careful not to get chemicals into the eyes and skin.

Poisonous substances, insects, snake bites and animal bites can enter the body by injection, as well as by injecting drugs or drugs.

1. Poisoning by insect venom Bees and wasps inject their venom into the skin by stinging, and the bee needle can remain in the injured area. Bites and bites are very painful, but rarely fatal. However, in some people, they cause a severe allergic reaction, which can cause anaphylactic shock.

## **First aid for insect bites**

1. If the needle sticks to the skin, it should be removed with a fingernail or any other object. Do not use tweezers, because when the needle is pinched, even more poison can enter the skin.

2. Wash the bitten area and cover it with something so that it does not get dirty.

3. A cold compress is applied to reduce pain and swelling.

4. It is necessary to regularly monitor the condition of the victim and be vigilant, taking into account the allergic reaction.

## **Snake venom poisoning.**

A snake usually attacks a moving object. When a snake attacks, two-thirds of its length is in front and one-third is high.

## **Signs and symptoms of snakebite**

1. Pain (if bitten by a poisonous snake, the pain is unbearable).

2. Even or odd bite injury.

3. The color of the skin changes in the place of the bite, and swelling appears.

4. weakness and breathing disorders.

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## **First aid for snake bite**

1. The basic rules of first aid are followed. 2. Helping the victim to sit comfortably, if possible, to slow down the absorption of the poison, the bitten part of the body is lowered below the level of the heart.
3. Ice is placed on the bite.
4. Sedate the victim and advise him to lie still

## **Prevention of poisoning**

Some general rules are followed to prevent poisoning:

- Hide all medicines, household tools, poisonous plants and other dangerous substances out of the reach of children, use locked cabinets, treat all household and medicinal substances as if they were dangerous.
- When giving medicine to children, never call it candy.
- Store all products in a special box under the appropriate name. Never store household items in food or beverage containers.
- Use special symbols for toxic substances and explain to children what they mean.
- Disposing of unusable or expired products.
- Use hazardous chemicals in a well-ventilated room and only according to instructions.
- Wear light-colored clothing in places where there are a lot of ticks, this allows you to immediately see small insects and ticks on the clothes. It is necessary to wear a long-sleeved shirt and long pants, tuck the leg of the pants into socks or boots, and tuck the shirt into the pants.
- When walking in the forest or field, try to walk along the path, avoid bushes or tall grass.
- After returning home, pay attention to the hairy part of the body (back of the neck and hair on the head).
- Not trying to taste raw mushrooms.
- Do not eat ripe, slimy, dry, worm-eaten or spoiled mushrooms.

Mushrooms taken from a jar, with the risk of botulism, and hermetically sealed at home, should not be used for food.

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