

MONITORING FOR TOXICITY AND THE NEED TO SEEK MEDICAL TREATMENT

If a someone accidentally ingests or applies too much essential oil a, he or she should be observed for signs of toxicity. Toxicity can occur rapidly with some essential oils (within 1-15 minutes after ingestion). The person should be monitored for abnormal behavior and symptoms for at least two hours and up to twelve hours following exposure. If a child swallows an essential oil, or product containing essential oils, call Poison Control at 1-800-222-1222 (U.S. only) to determine if the essential oil swallowed could be dangerous and receive further instructions. A web version of Poison Control is also available at <http://triage.webpoisoncontrol.org/#/exclusions>. If you are not certain if the child swallowed an essential oil, smell the child's breath for the aroma of the suspected essential oil.

The following symptoms can help you determine whether toxicity may be a concern after ingestion:

Mild symptoms that affect one area of the body (medical treatment not usually required)

- Restlessness
- Fatigue
- Loss of appetite
- Crankiness
- Drowsiness
- Skin irritation
- Diarrhea
- Headache
- Nausea
- Thirst
- Sore/stiff joints

Moderate symptoms that may be prolonged (medical treatment often required)

- Blurred vision
- Muscle twitching
- Rapid heart rate
- Severe diarrhea
- Paleness
- Difficulty breathing
- Disorientation
- Fever
- Trembling
- Yellowish skin
- Persistent cough
- Drooling
- Seizures
- Weakness
- Loss of muscle control
- Low blood pressure
- Severe nausea
- Stomach cramps
- Sweating

Severe life-threatening symptoms (emergency medical treatment required), call 911

- Cardiopulmonary arrest
- Uncontrolled bleeding
- Rapid breathing
- Seizures (unresponsive to treatment)
- Convulsions
- Unable to breathe
- Extreme thirst
- Rapid heart rate & low blood pressure
- High fever
- Loss of consciousness
- Severe muscle twitching

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