

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

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

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

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

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

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