



September 20, 2012

In recognition of National Emergency Preparedness Month, the Northern New England Poison Center and emergency hotline agencies in New Hampshire are promoting awareness of personal emergency numbers with the "**R U Prepared?**" program. The program aims to ensure that all students and school staff are prepared for emergencies.

To accomplish this, we are asking your school to dedicate a day during **September** to inform students about each agency and encourage them to program their cell phones with these essential numbers:

- Northern New England Poison Center (1-800-222-1222)
- New Hampshire Domestic Violence (1-866-644-3574) and Sexual Assault Hotline (1-800-277-5570)
- National Suicide Prevention Lifeline (1-800-273-TALK (8255))
- New Hampshire 911.

This document includes the following:

- **R U Prepared?:** *Description of the program and how to participate*
- **Hotline summary:** *Description of the emergency numbers to be read in school, either over the intercom or by classroom teachers during September.*
- **Take-home summary:** *Description of the toll-free agencies, to be sent home to the parents or put in the school newsletter*

After completing your school event, please report your activities at [www.nnepc.org](http://www.nnepc.org) by October 5 to help us evaluate the program's impact.

Thank you in advance for your participation in this campaign to ensure that your students and staff know who to call for assistance in an emergency. Please contact me if you have any questions.

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(603) 770-7954

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Hotline Call Center & Administrative Office:  
Northern New England Poison Center  
22 Bramhall Street  
Portland, ME 04102  
Office: (207) 662-7220 • Fax: (207) 662-5941

New Hampshire Education Office:  
NH Department of Health & Human Services  
29 Hazen Drive  
Concord, NH 03301  
Office: (603) 271-4705 • Fax: (603) 271-4519

New Hampshire Education Office:  
Fletcher Allen Health Care  
Community Health Improvement  
128 Lakeside Avenue, Suite 106  
Burlington, VT 05401  
Office: (802) 847-2392 • Fax: (802) 847-6545

## **R U Prepared? Program Summary**

Audience: New Hampshire schools

When: September 2012, National Emergency Preparedness Month

What: Promote 24-hour personal emergency hotlines

911 – Fire, Police, Ambulance  
1-800-222-1222 – Poison Center  
1-800-273-TALK (8255) – Suicide Prevention  
1-866-644-3574 – Domestic Violence  
1-800-277-5570 – Sexual Violence

How: Schools dedicate time to talk about these five 24-hour emergency hotlines.

- Read the attached hotline descriptions with school morning announcements or in home room discussions during September. (*see the Hotline Summary*)
- Give students and staff time to program these numbers into their cell phones during the announcement/discussion (*except 911*).
- Send copies of the Take-Home Flier home with students and/or put the information in your school newsletter.
- Download "Program Your Cellphone" posters from <http://www.nnepc.org/shop/category/downloads-2/posters>.
- Do a supplemental school activity:
  - Art or health class – Have students make and display posters promoting the 24-hour hotline services.
  - English class – Have students visit a hotline service's website and write a summary paper about what they learned.
  - School newspaper – Have students write about the 24-hour hotline services available for students and provide example scenarios of when a teenager may need to call.
  - Student club (such as Key Club) – Order stickers or educational materials from the hotline services above and display the information at a lunch-time resource table during the month of March.
- Report your activities at [www.nnepc.org](http://www.nnepc.org) by October 5 to help us evaluate the impact of the program.

## Hotline Summary

### R U prepared 4 a personal emergency?

Many of us will experience an emergency such as a car crash, a suicidal friend or a medication error. Be prepared for these emergencies by knowing the right number to call. We are going to highlight six 24-hour emergency hotline services—take this time to program these numbers into your cell phone. **Note:** *To avoid accidental dialing, please do **not** program 911 into your phone.*

#### Northern New England Poison Center

Someone calls a poison center about a poisoning every 13 seconds in the U.S. With over-the-phone advice from the poison center, most poisonings can be treated on site. Poison centers are available 24 hours a day to help you treat a poisoning or to answer poison-related questions. All calls are free, confidential and answered by specially trained medical professionals. The national hotline is **1-800-222-1222**. Website: [www.nnepc.org](http://www.nnepc.org).



#### New Hampshire Domestic Violence and Sexual Assault Hotlines

If you or someone you know is experiencing or has experienced domestic or sexual violence, you can contact the crisis center nearest you for information, referrals and support. In emergency situations, call 911. In non-emergency situations, you can talk to an advocate at your local crisis center about your options.



*Founded in 1977*

For **domestic violence** call toll-free **1-866-644-3574** to be connected to the crisis center nearest you. For **sexual assault**, call **1-800-277-5570**. They're here to help 24 hours a day, 365 days a year whether you have questions about your own situation, or a friend or family member's, or if you just need to talk. You need not be in crisis to call! All services are free and confidential. Website: [www.nhcadsv.org](http://www.nhcadsv.org).

#### National Suicide Prevention Lifeline

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. This is a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the crisis center nearest to you. Website:

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org).



#### 911

911 is an emergency telephone number. An emergency may be defined as any situation that requires immediate response. Any time you need help in a hurry from any of the emergency service agencies (police, fire and ambulance), you should call 911. Call immediately if a person's life or well being is threatened, property is endangered or an illegal activity is in progress. But remember, 911 is not a toy. It should be used only in real emergencies, not for information, directions or just to see if it works. Text messages are not accepted at the 911 center. Website: [www.nh.gov/nh911](http://www.nh.gov/nh911).



## Take-Home Summary

### R U Prepared 4 an Emergency?

Are you prepared for a possible personal emergency? One of the best ways to prepare is to program your cell phone and post these hotline numbers near your home phone. **Note:** To avoid accidental dialing, please do not program your cell phone with 911.

**September is National Emergency Preparedness Month.**

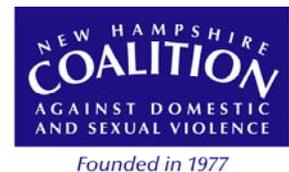
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When calling 911 on a cell phone, know your location. Pay attention to your surroundings. Give



the 911 dispatcher street names, highway numbers or landmarks to help them find you. Text messages are not accepted at the 911 center. Website: [www.nh.gov/nh911](http://www.nh.gov/nh911).