

# Self-Poisoning Response Plan

## If someone has attempted to hurt themselves with a medication or chemical:

- **Seek medical care immediately**, even if the person seems fine. Do not wait for symptoms.
  - Call the **Northern New England Poison Center** at 1-800-222-1222 if the person is stable, conscious, and breathing.
  - Call **911** if the person is unconscious, having trouble breathing, or having seizures.

## While waiting for help to arrive:

- Do **NOT** attempt to cause vomiting or give anything by mouth unless directed by 911, a physician, or the poison center.
- Collect any bottles, containers, or loose pills and any chemicals involved. They can help medical professionals provide the most effective care. Bring these to the hospital or give to first responders.

## Important information for the poison center and first responders:

Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Health conditions: \_\_\_\_\_

Name of substances used: \_\_\_\_\_

Time of poisoning: \_\_\_\_\_

## Medications in our home (prescription and over-the-counter):

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## The Northern New England Poison Center can:

- Offer treatment advice until other medical professionals are able to assist
- Help identify the substances involved and related concerns
- Assist first responders and hospital staff with effective management of the patient