

A message from Pam Murphy, PES School Nurse

I’ll never forget the first time I called Poison Control. My older daughter came running into the house to tell me that, while at a neighbor’s house, her 4 year old sister had eaten a mushroom from the yard. I called Poison Control, answered their questions and received reassuring information – she had not eaten enough to be harmful. What a relief.

The Northern New England Poison Center, located in Portland Maine, serves New Hampshire, Maine and Vermont. **1-800-222-1222 is a** free, 24-hour poison emergency and information help line, They may also be reached via by [online chat](http://c.velaro.com/visitor/requestchat.aspx?siteid=9749&showwhen=inqueue) at [www.PoisonHelp.org](http://www.PoisonHelp.org) or by **texting POISON to 85511**. They give free, confidential, expert medical advice 24 hours a day, seven days a week.

So, if you have a poison emergency, want to ask a question about possible poisons or desire education about poison prevention, contact Northern New England Poison Center.