

# Living Safely

with disabilities and special health needs

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## New Jersey Poison Information and Education System

The Poison Control Center is a hotline you can call if you need help during poison emergencies or if you have questions about medications, substances, drugs, and other potentially poisonous things.

A doctor, nurse, or pharmacist will answer the phone when you call the Poison Control Center.

They provide emergency advice and can answer any questions for free. All information you give them will be kept confidential.

New Jersey's Poison Control Center is a part of Rutgers's Medical School.

A poison is anything that can harm someone if it is used in the wrong way, by the wrong person, or in the wrong amount. A lot of things we come in contact with every day can be considered poison.

Some examples of things that could be poisons are:

- Hand sanitizers
- Cleaning supplies (such as bleach)
- Medicine
- Plants
- Contaminated food

You may want to contact the Poison Control Center if you, a family member, or friend

- has taken multiple medications at one time without the consent of a doctor.
- has swallowed household cleaner, a chip of paint, a wild mushroom, or something else not typically considered food or drink.
- has been bitten by a snake or insect.

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## New Jersey Poison Control Center

Dial 1-800-222-1222 on the phone. Explain your situation and any symptoms that you or the person is feeling. Have any product names or containers ready.

You can also visit the NJ Poison Control Center website at [www.njpies.org](http://www.njpies.org)

There is a red button on the bottom left corner of the screen. Click that button to send a message to a poison expert with your questions and concerns.

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We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities. Portions of this resource have been adapted from the New Jersey Poison Information and Education System ([www.njpies.org](http://www.njpies.org)).

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