

AUGUST NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR, VERONA, AND CEDAR GROVE

August 31st is International Overdose Awareness Day

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International Overdose
Awareness Day is the
world's largest annual

campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind. It is important to highlight this day, especially as we continue to place emphasis on battling the opioid crisis in and around the Montclair community.

What is an overdose? It is when you take a toxic (poisonous) amount of a drug or medicine. It is possible to overdose on various things including prescriptions, over-the-counter drugs, street drugs and more.

What are Opioids? Opioids are a group of substances that relieve pain and are either made from the poppy plant or created synthetically in a lab. They include heroin, fentanyl, morphine, and codeine.

According to the World Health Organization (WHO), "each year, around half a million deaths worldwide may link to drug use, with around 70% related to opioids." In the United States, more than 106,000 people died from drug-related overdose — including but not limited to opioids — in 2021 (CDC- National Center for Health Statistics).

Signs of Overdose

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)

What to do if you think someone is overdosing:

- Call 911 immediately
- Administer narcan (naloxone), if available
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking
- Stay with the person until emergency personnel arrive



IN THIS ISSUE:

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International Overdose
Awareness Day

Listen & Learn-
Public Health Podcasts

National Immunization
Awareness Month

Upcoming Events
in the Community

Montclair Health
Department
Immunization Clinics

Opioid Overdose Awareness Resources

<https://www.cdc.gov/overdose-prevention/index.html>

<https://www.hhs.gov/opioids/index.html>

<https://www.essexrecovery.net/>

**Limited amounts of Narcan
available at the Montclair
Health Dept.**



Listen & Learn



Public Health On Call Podcast

Johns Hopkins Bloomberg School of Public Health

Episode 723 – The Xylazine Crisis

Xylazine is an animal tranquilizer that is showing up in illicit opioid supplies. In addition to contributing to the risk of overdose, xylazine causes horrific, necrotizing wounds when injected, smoked, or snorted. Lindsay Smith Rogers talks to two clinicians on the front lines of the overdose epidemic about their experiences with xylazine and their views on what this latest development means for the future: Rachel McFadden, a Bloomberg Fellow at the School of Public Health and a wound care nurse in the Emergency Department at the University of Pennsylvania in Philadelphia, and Dr. Matthew Salzman, also a Fellow and assistant professor of medicine at Cooper University Hospital in Camden, New Jersey. [Xylazine: The New Overdose Crisis | Hopkins Bloomberg Public Health Magazine](#)

College of Pharmacy Podcast

University of Southern California

Episode 1 : Immunization Awareness with Dr. Tessa Hastings

College of Pharmacy Podcast – Episode 1: Host Margaret Gregory discusses the importance of immunizations and the critical role that pharmacists can play in providing and tracking vaccines with Dr. Tessa Hastings. Hastings is an Assistant Professor in the Department of Clinical Pharmacy and Outcomes Sciences at the University of South Carolina College of Pharmacy in Columbia, South Carolina. Her research applies implementation science principles to improve health care safety and effectiveness through the adoption of innovations in pharmacy settings.



HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.

----- OR -----

Open the Spotify app and scan the "Spotify Code" on the images above

BACK TO SCHOOL

National IMMUNIZATION AWARENESS Month

New Jersey public school system has specific guidelines to follow for school- aged children when it comes to immunizations:

Kindergarten to 1st Grade

- MMR (Measles, Mumps, Rubella)
- IPV (Polio)
- DTaP (Diphtheria, Tetanus, Pertussis)
- Varicella
- Hepatitis B



2nd to 5th Grade

- MMR
- IPV
- DTaP
- Varicella
- Hepatitis B



6th Grade and Higher

- MMR
- IPV
- DTaP (Diphtheria, Tetanus, Pertussis)
- Varicella
- Hepatitis B
- Tdap (Tetanus, Diphtheria, acellular pertussis)
- Meningococcal (MenACWY)



For more information, you can reach out to our public health nurses at the Montclair Health Department. 973-509-4970 Scan the QR code for more information from the NJDOH on the necessary immunizations.



SAVE CANCER SCREENING- AUGUST 2024

The SAVE Cancer Screening program provides various cancers screenings to those who are low-income, uninsured/under-insured. Each screening has its own eligibility criteria.

Please reach out to nb766@njms.rutgers.edu for more information.



SAVE CANCER SCREENING - AUGUST 2024

RUTGERS HEALTH

Please contact us : nb766@njms.rutgers.edu

Friday, August 2

La Casa de Don Pedro

43 Broadway, Newark, 07104

Breast Screening 9:00 AM - 3:00 PM

Thursday, August 8

the Y YACA

600 Broad St, Newark, 07102

Breast Screening 9:00 AM - 4:00 PM

Wednesday, August 14

University Hospital

205 South Orange Ave, Newark, NJ, 07103

973-972-7007 - 973-972-0310

Prostate Screening 1:00 PM - 4:00 PM

Thursday, August 15

University Hospital

205 South Orange Ave, Newark, NJ, 07103

973-972-7007 - 973-972-0310

Breast & Cervical 8:00 AM - 1:00 PM

Friday, August 16

University Hospital

205 South Orange Ave, Newark, NJ, 07103

973-972-7007 - 973-972-0310

Breast & Cervical 8:00 AM - 3:00 PM

Thursday, August 22

MARY ELIZA

394 University Ave, Newark, 07102

Breast Screening 9:00 AM - 3:00 PM

Friday, August 23

Mantena Global Care

294 Ferry St, Newark, 07105

Breast & Cervical 8:00 AM - 3:00 PM

You can be the next site to host this mobile clinic

VACCINES FOR CHILDREN CLINIC

Tuesday, August 13th
12 pm to 5 pm
@ Orange Park, Irvington, NJ 07111

Registration REQUIRED!

In collaboration with the Essex County Office of Public Health Management and the Township of Irvington

Vaccines for Children Clinic

WHEN: Tuesday, August 13, 2024
12 pm - 5 pm

WHERE: Irvington Back to School Giveaway
Orange Park, Irvington, NJ 07111

| Eligibility Requirements: (Children through age 18) | Offering all recommended childhood vaccines: | REGISTRATION REQUIRED |
|--|---|---|
| <ul style="list-style-type: none"> Uninsured Medicaid eligible or NJ Family Care Plan A Native American or Alaskan Native | <ul style="list-style-type: none"> COVID-19 DTaP Flu HPV 9 Hepatitis A Hepatitis B IPV Meningo Conj MCV4 | <p>Registration ends August 9, 2024</p> <p>To register, call:</p> <p>973-877-8456</p> |

For more information, contact Jasmine at: (862) 799-3062

THE ABC'S OF VACCINES INFORMATIONAL WEBINAR

Tuesday, August 27th
11 am to 12 pm

Brought to you by the Partnership for Maternal and Child Health of Northern New Jersey

Learn about general childhood and adolescent vaccine information, importance of immunizations and more!
Click here or scan the QR code on the flyer below!

Partnership for Maternal & Child Health of Northern New Jersey

August 27, 2024 11 AM - 12 PM

The ABC's OF Vaccines

Informational webinar about childhood & adolescent immunizations

To Register:
Click **HERE** or scan QR Code

Learn about:

- General childhood and adolescent vaccine information
- Importance of childhood and adolescent immunizations
- Recommended immunizations for children and adolescents
- NJ immunization requirements for daycares, childcare, and K-12 schools
- Vaccines for Children Program & resources to get vaccinated

Connecting NJ

ZUFALL DENTAL VAN IN BLOOMFIELD

Friday, August 16th
9 am to 3 pm

Bloomfield Municipal Building
1 Municipal Plaza
Bloomfield, NJ 07003

Registration required!
Alanis Bindels
973-325-2266 ext. 1381

AFFORDABLE DENTAL SERVICES

Friday, August 16, 2024
9:00 am - 3:00 pm

Bloomfield Municipal Building
1 Municipal Plaza
Bloomfield, NJ 07003

Registration required! Contact:
Alanis Bindels
973-325-2266 ext. 1381
abindels@zufallhealth.org

Services Available

- Exams
- X-rays
- Cleanings
- Fillings
- Preventative Care
- Simple Extractions
- Periodontics
- Dentures

Eligibility

- We accept NJ Family Care (Medicaid) and Medicare, and several private insurance plans.
- Un-insured and under-insured are welcome! The cost is based on household income and family size.
- Veterans may be eligible for no cost services thanks to funding provided by Delta Dental.

Sliding fee scale available for affordable access to all services.

Montclair Health Department Immunization Clinics

Public Health
Prevent. Promote. Protect.
Montclair Health & Human Services

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042