AUGUST 2024 VOLUME 14

### AUGUST NEWSLETTER MONTCLAIR HEALTH DEPARTMENT

#### SERVING MONTCLAIR, VERONA, AND CEDAR GROVE

#### August 31st is International Overdose Awareness Day

Compiled by Vanessa Dessources, MPH, CPH, CHES

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 <u>may link to drug use</u>, with around 70% related to opioids." In the United States, <u>more than 106,000 people</u> died from drug-related overdose — including but not limited to opioids — in 2021 (CDC- National Center for Health Statistics).

#### <u>Signs of Overdose</u>

- 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

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#### Opioid Overdose Awareness Resources

https://www.cdc.gov/overdoseprevention/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

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

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## Mational 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 (Diptheria, Tetanus, Pertussis)
- Varicella
- Hepatitis B

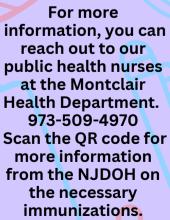
#### 2nd to 5th Grade

- MMR
- IPV
- DTaP
- Varicella
- Hepatitis B



#### 6th Grade and Higher

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







#### 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**



#### **VACCINES FOR CHILDREN CLINIC**

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

**Registration REQUIRED!** 



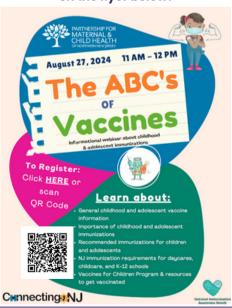
#### THE ABC'S OF VACCINES INFORMATIONAL WEBINAR

#### 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 <u>here</u> or scan the QR code on the flyer below!



#### **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







Services Available brams Xrays Chanings

Partials Dentures

#### We accept NJ Far

- (Medicaid) and Medicare, and several private insurance plans.

  • Un-insured and under-insured are welcome! The cost is based on household income and
- Veterans may be eligible for no cost services thanks to funding provided by Delta Dental.

liding fee scale available for (fordable access to all service

#### Montclair Health Department Immunization Clinics



Montclair Health Department offers immunization clinics on the <u>first and third Tuesdays</u> 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