

DART Prevention Coalition

AUGUST IS OVERDOSE AWARENESS MONTH



August is National Overdose Awareness Month



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

Want to help spread awareness and share on your own social media?
Make sure to keep an eye out on the **DART Facebook** page for our shareable posts!

WHAT TO KNOW ABOUT OVERDOSES ONE-PAGER



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

What to Know about Overdoses



What is an Overdose?

An overdose occurs when a person takes more of a substance than their body can safely handle, causing harmful, potentially life-threatening effects.

Substances commonly overdosed on can include:

- Alcohol
- Cannabis (also known as marijuana)
- Opioids
- Over-the-counter medications
- Prescription medications

It's not just opioids that can lead to an overdose.

Polysubstance overdoses — overdoses caused by a combination of substances — have increased. It's important to remember that overdoses can be caused by substances other than opioids or by a combination of substances.

Common Signs of an Overdose

- Slow, shallow or no breathing
- Loss of consciousness
- Unresponsive or an inability to wake up
- Seizures
- Faint or irregular heartbeat
- Nausea, vomiting or confusion

Risk of an Overdose from Cannabis

Adults and children can overdose on food or drinks infused with cannabis, known as edibles. Edibles pose a unique risk for several reasons, including:

- There is a greater chance of poisoning due to higher concentrations of THC, the mind-altering compound in the cannabis plant.
- The amount of THC, also known as the concentration or strength, of edibles is difficult to measure accurately.
- The packaging of some edibles mimics the appearance of candy or snacks that appeal to children and can lead to accidental ingestion. These edibles must be stored safely, as children who ingest THC-containing products can become very sick.

Overdose Prevention Tips

- Use medications only as directed and only take medications prescribed to you.
- Store all medications, edibles and other substances securely — especially away from children.
- Talk openly about the risks of substance use with family and friends.
- Know the signs of overdose and be ready to act!

How to Respond to an Overdose

- Call 911 immediately.
- Administer naloxone (Narcan) if an opioid overdose is suspected — available anonymously and for free for individuals 14 years or older at many major pharmacies.
- Stay with the person until help arrives.



Get naloxone for free!

Find out more about NJ's Naloxone365 Program by scanning the QR code or visiting nj.gov/humanservices/stopoverdoses/

Always call 911 before administering naloxone.

Substance Use Support

If you are using substances and want help stopping, please contact our Peer Recovery Program at **848-303-0008** for recovery support services. If you or someone you know is in crisis, please call **911**.

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

**Click Here to Download and Share the One-
Pager**

What is an Overdose?

An overdose occurs when someone has too much of a substance, more than their body can handle. **Overdoses can happen with various substances, not just opioids.**



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery



Common Overdose Warning Signs:

- Slow or difficulty breathing
- Unresponsive
- Pale, bluish or ashen gray skin tone
- Irregular heartbeat
- Confusion, vomiting or seizures



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

**Reminder! Safe
storage saves lives.**

Keep medications
and other substances
secured and **out of
reach of others.**



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

How to Respond to an Overdose:

1. Call 911
2. Administer naloxone
3. Stay with the person until help arrives



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

Signs of Opioid Misuse, Opioid Use Disorder, and Overdose

Know the signs and symptoms of an overdose.

Polysubstance Overdose

Polysubstance drug use occurs with exposure to more than one drug, with or without the person's knowledge. Polysubstance overdose deaths have increased and include a wide variety of drugs categories.

FDA Warns Consumers About Accidental Ingestion by Children of Food Containing THC

Edible products containing tetrahydrocannabinol (THC) can be easily mistaken for commonly consumed foods such as breakfast cereal, candy, and cookies, and accidentally ingested. Accidental ingestion of these products can lead to serious adverse events, especially in children.

Cannabis and Poisoning

Edibles, or food and drink products infused with cannabis, have some different risks than smoked cannabis.



Looking for Previous Awareness Campaign Materials?

Check out our [DART Resources](#) portal page for past awareness campaigns, one-pagers, fact cards, and more! | rwjbh.org/dartresources



Find these Awareness Campaign images (and more) on our Facebook!
[DART Prevention Coalition of Ocean County](#) | facebook.com/DARTCoalition

Amy Piacente-Desch, Senior Prevention Manager

Morgan Durant, Prevention Specialist

DART Prevention Coalition of Ocean County

RWJBarnabas Health Institute for Prevention and Recovery

amy.piacentedesch@rwjbh.org | dart@rwjbh.org | rwjbh.org/dart

You are subscribed to The DART Coalition mailing list as.

Please note: If you click "unsubscribe" below, you will be removed from all prevention email lists, including all DART Coalition, Communities That Care (CTC), Mental Health and Awareness Training (MHAT), and SOCIAL Network emails. If you wish to unsubscribe from just one of the above groups, please email us directly for assistance.

RWJBarnabas
HEALTH

**Institute for
Prevention
and Recovery**

DART Coalition of Ocean County | 442 Route 35 South Third Floor | Eatontown, NJ 07724 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!