

# A GUIDE FOR RESPONDING TO OPIOID OVERDOSE

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# OVERDOSE RESPONSE TOOLKIT



# 2025

## PREPARED BY:

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**CUMBERLAND COUNTY  
HUMAN SERVICES**

*Division of Mental Health & Addiction Services*



# OVERDOSE RESPONSE TOOLKIT



## WHY WE CARE

**Preventing and raising awareness about opioid misuse and fatalities is crucial to protecting the health and well-being of our community.**

By understanding the risks of opioid misuse and recognizing the signs of overdose, we ALL can take action and save lives. This toolkit is designed to support the Cumberland County community with multi-level interventions—reaching individuals, families, schools, and organizations—to build a network of prevention, education, and recovery resources.

Through the implementation of various prevention strategies, the goal of the Cumberland County Overdose Response Toolkit is to provide support around those using substances to prevent and reduce overdose fatalities.

The County Department of Human Services is committed to implementing, coordinating and improving the system of human services through the use of federal, state and county funds. At the county level, the office serves as the grants management office through which many statewide initiatives are operationalized.



Various data highlights an increase in overdoses occurring in **public places** with private spaces like inside of vehicles in a parking lot, public restrooms, hotel rooms, etc.

According to the CDC, in **70%** of overdose deaths a bystander was present but **did not** perform any emergency services.

# Things YOU CAN Do



## Check Restrooms

Staff and community members should frequently check private spaces like public bathrooms, parking lots,



## Keep Narcan Available

Stock Narcan in hotels, airbnbs, motels, bars, staff break rooms, and on your person for easy access in the event of an emergency



## Provide Education

Display print materials with the signs of overdose, Cumberland County Substance Use resources and treatment packets available



## Complete Trainings

Provide training for all staff and attend community centered trainings on Narcan administration and an overdose response protocol

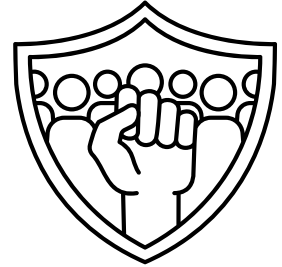
Go to page 7 to learn more about where you can find resources to best support your community  
**Being vigilant and aware of your surroundings can save lives**



# PARTNER WITH US TO SAVE LIVES

GET NARCAN. TAKE ACTION.

## You are PROTECTED!



**New Jersey's Good Samaritan Law**, in accordance with N.J.S.A. 2A:62-A1, all first responders, including doctors and paramedics as well as bystanders, are able to provide assistance at the scene of an accident without fear of being subject to legal action. It is important to note that exceptions exist, such as if an accident victim's harm is due to intentional behavior, negligence, or recklessness.

The **Overdose Prevention Act**, in accordance with N.J.S.A. 24:6J-4 encourages bystanders and witnesses to freely contact emergency workers without fear of repercussion or legal liability. As a result, a person who in good faith attempts to obtain medical help after experiencing a drug overdose has legal immunity from arrest, charges, or prosecution with respect to the controlled substance. It is important to note that the Overdose Prevention Act does not protect persons for arrest regarding the offenses of selling or trafficking drugs.

## FAQ:

**Am I mandated to use Narcan if I have it?**

**NO** - if you are unsure, uncomfortable, or unsafe, call 9-1-1 and monitor the person.

**Can I hurt someone with Narcan if it's not an opioid overdose?**

**NO** - if there are no opioids in the person's body, Narcan will leave the system shortly.

## Cumberland County Spike Alerts

*Stay Safe with Cumberland Notifications!*



Cumberland Alerts is the official system we use to share emergency information with our community.

Sign up today to get notifications from the Cumberland County Office of Emergency Management by text, email, or phone call — you choose what works best for you

Sign Up now to receive alerts!

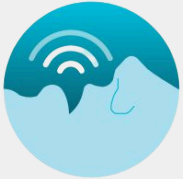
Scan the QR Code or <https://shorturl.at/AExkM>



# KNOW THE SIGNS

*It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, treat it like an overdose – you could save a life*

## SIGNS OF OVERDOSE



### Making Sounds

Choking, gurgling, or snoring sounds



### Cold or Clammy Skin



### Slow or Not Breathing

less than one breath every **5 seconds**



### Not Responding

Doesn't move and can't be woken



### Blue Lips and Nails



### Tiny Pupils

Various factors will increase an individual's risk of misuse, addiction or overdose while taking opioids. **Anyone taking prescribed or illicit substances is at risk of overdose but there are certain groups that have a higher risk including:**

- People recently released from prison
- People who have been prescribed opioids, especially people 65(+)
- Anyone who misuses opioids especially when mixing with alcohol or other substances
- Teens and college aged adults taking unused painkillers found at home or elsewhere
- Anyone using substances bought off of the internet or drug dealers, due to many substances being contaminated with fentanyl

**If someone is not breathing (showing signs like on the left) and not responsive, follow these steps:**

**Step 1:** Stimulate them awake by yelling and giving them physical pain.

Verbal Stimulation- Call their name and/or say something they might not want to hear, like "I'm going to call 911" or "I'm going to give you Narcan"

Physical Stimulation- Rub your knuckles into the sternum (*the place in the middle of your chest where your ribs meet*) **or** Rub your knuckles on their upper lip **or** Pinch the back of their arm

**Step 2:** If you have Naloxone/Narcan, USE IT! Administer one dose every 2-3 minutes

**Step 3:** Call 911, explain someone is not responsive and not breathing

When making the call- Tell the dispatcher exactly where you and the overdosing person are, avoid using words like "drugs" or "overdose" – stick to what you see

**Step 4:** Provide rescue breathing

**Step 5:** When the person starts to breathe regularly on their own, roll them into a recovery position on their side

Recovery Position- Lay the person slightly on their side, bend their knee, turn their face to the side. This will help to keep their airway clear and prevent them from choking on their own vomit if they begin to throw up

**Step 6:** Be gentle with them and yourself afterwards!

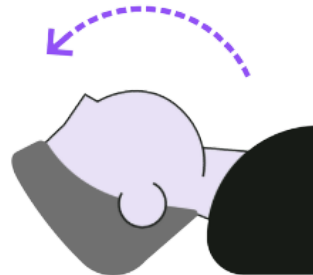
# HOW TO ADMINISTER NARCAN

To administer Narcan nasal spray in an overdose situation, follow the six steps below:

- 1** Lay the person on their back. Try to wake them up by yelling



- 2** Tilt the person's head back



- 3** Hold Narcan in the correct position



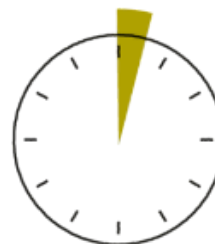
- 4** Place the nozzle fully into one nostril. Press down on the plunger firmly



- 5** Roll the person to their side. Call 911. Stay with the person



- 6** Repeat steps 1 to 5 every 2 to 3 minutes if they are unresponsive







# Community Resources



## Dear Cumberland County Community,

Almost **3 out of every 5** people who died from a drug overdose had a chance to get help before it was too late (CDC, 2024).

When our community knows the signs and steps to take, we can help more people and prevent more deaths.

Learning and caring makes a difference. Let's look out for each other.

## Get Narcan:

In January 2023, Governor Murphy announced a nation-leading program, Naloxone 365, allowing any member of the public, 14 years or older, to receive a package of 2 dose, 4mg intranasal spray without need for identification or purchase.

### Millville

Genoa Healthcare - 2038 Carmel Rd  
Health First Pharmacy - 1200 N High St  
Shop Rite Pharmacy - 2130 N 2<sup>nd</sup> St  
Walgreens Pharmacy - 1111 N High Street  
Walmart Pharmacy - 2291 N Second St  
CVS Pharmacy - 1209 N High St  
Altruix - 1111 Village Dr

### Vineland

Cornerstone Pharmacy - 2757 South Main Rd  
Hernando's Pharmacy - 741 E. Landis Ave  
Inspira Health Pharmacy - 1500 W Sherman Ave  
Sav-On Pharmacy - 301 S Main Road  
Shop Rite Pharmacy - 3600 E Landis Ave  
Shop Rite Pharmacy - 1255 W Landis Ave  
Walgreens - 1015 N Main Rd  
Walmart Pharmacy - 1070 W Landis Ave  
CompleteCare Community Pharmacy - 785 Sherman Ave

### Bridgeton

Genoa Healthcare - 2038 Carmel Rd  
Health First Pharmacy - 1200 N High St  
Walmart Pharmacy - 1130 Highway 77 (UPPER DEERFIELD)  
Shop Rite Pharmacy - 1000 N Pearl Street

## Narcan Distribution

**South Jersey Aids Alliance:** NaloxBox

A Naloxbox holds free, readily available intranasal (sprayed through the nose) Naloxone. Anyone can open the Naloxbox, remove the naloxone, and either take with them as a harm reduction tool, or administer it immediately to a person who is overdosing or suspected of overdosing on opioids.

For information about where to find Narcan in the county, please reach out to South Jersey Aids Alliance

**New Jersey Harm Reduction Coalition:** Mailed Narcan

To qualify for free mail-based naloxone distribution, you will need to view a training video, answer a short quiz, and provide request details.

For more information, go to <https://nextdistro.org/njchoice> to request Naloxone.

## Trainings/Videos:

- [Prevent an Overdose, Save a Life](#) - New York City Dept of Health
- [WA State Overdose Prevention and Response Training](#) - Stop Overdose, WA State
- [Opioid Overdose and Naloxone Training Guide](#) - Stopoverdose.org
- [Overdose Prevention and Response Training Course](#) - National Harm Reduction Coalition

## Printed Education:

[Opioid Abuse Toolkit: Resources for New Jersey Communities](#)

[SAMHSA Overdose Prevention and Response Toolkit](#)

[CDC Overdose Prevention Resources](#)

[Drug Policy Alliance Resources](#)

[National Harm Reduction Coalition Resource Center](#)



Scan here for a full List of Participating Pharmacies



# CONNECT WITH CUMBERLAND COUNTY HUMAN SERVICES

## COUNTY ALCOHOL + DRUG SERVICES OFFICE (CADSO)

The Department of Human Services has been serving the community of Cumberland County **since 1975** through:

**PREVENTION**

**TREATMENT**

**EARLY INTERVENTION**

**RECOVERY**



## SERVICES OFFERED:

**Cumberland County  
Mental Health &  
Addiction Services:  
856-451-3727**

**First Step Clinic:  
856-451-3727**

**Capital Recovery Center:  
856-391-7449**

- Referrals to detox, outpatient treatment, residential treatment and halfway house
- Community Education
- Speakers Bureau
- Municipal Alliance for Prevention of Substance Abuse
- Diagnostic Assessments- alcohol/substance use disorder and co-occurring
- Urine Drug Screen Monitoring
- Individual, group, and family counseling
- Mental Health Evaluations and Counseling
- APN Psychiatric Evaluation and Medication Monitoring
- Early Intervention
- Outpatient services [Level 1]
- Intensive Outpatient Services [Level 2]
- Comprehensive Youth Treatment Services
- Adult Anger Management Program
- Peer-to-Peer Support
- Telephone Recovery Support
- Support Groups
- Recovery Housing Assistance
- Treatment Navigation
- Job Readiness
- Meeting Space for Recovery
- Social Services
- Recovery Workshops
- Community Events
- Free Recreational and Social Event
- **24-Hour C.A.R.E.S. Hotline**
  - 1800-236-2448
- **Recovery on Wheels [R.O.W.] Services**



## CONTACT US:





**WE NEED YOU IN THIS FIGHT!**

**TAKE ACTION AND HELP SAVE LIVES.**





**This toolkit has been made possible through the support of the County of Cumberland Board of County Commissioners, and collaboration with the Department of Human Services, the County Overdose Fatality Review Team, the Mental Health & Addictions Board & the County Opioid Advisory Council**

## **CONTACT:**



1-800-236-2448 | 70 West Broad Street Bridgeton, NJ 08302