

The DPH Bulletin

From the Delaware Division of Public Health

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Holidays can prompt drug overdoses

The holidays can overwhelm those with substance use disorders, and those who are depressed and/or in their first year of recovery are the most vulnerable.

Prevent drug overdoses by following these tips from the Centers for Disease Control and Prevention:

- Attend events without alcohol or drug temptations.
- Take a non-user friend to holiday parties.
- Opt for non-alcoholic drinks and eat sweet snacks. Hosts should offer many options.
- Get plenty of rest and physical activity.

This year, 271 suspected overdose deaths occurred in Delaware as of Nov. 30, according to the Division of Forensic Science. Visit the Help is Here DE website to learn the signs of addiction, the symptoms of an overdose, and how to connect to prevention, treatment, and recovery resources. There is also a section dedicated to health care providers.

Naloxone, a medication that can stop an opioid overdose if administered immediately, is available to the public without a prescription through participating pharmacies. Families and friends can take short trainings to learn how to administer it. To read the training schedule, visit <http://www.helpisherede.com/Get-Help/Overdose-Response#community-naloxone-training>. First responder agencies interested in joining the Naloxone Administration Program can contact DPH's Office of Emergency Medical Services at 302-233-1350.

DELAWARE DRUG-RELATED DEATHS

 **345**
deaths in 2017*

 **DOUBLE**
the number from 2012

 **HIGHER**
than the national rate

Visit Help is Here DE

To learn how to access treatment resources in Delaware, visit the Help is Here DE website: www.helpisherede.com. Click in the Treatment tab to find treatment resources and education. Persons without Internet access can call the 24/7 Crisis Hotline:

- in New Castle County: 1-800-652-2929
- in Kent and Sussex counties: 1-800-345-6785.

HelpsHereDE.com
PREVENT • TREAT • RECOVER

Code Purple shelters

Avoid frostbite and hypothermia by keeping dry and warm this winter. Code Purple volunteer groups open shelters when temperatures and wind chill are 32 degrees and below. On Facebook, visit Code Purple Kent County, Code Purple Sussex County, and Code Purple New Castle County.

For more information, dial the Statewide Code Purple Hotline at 1-800-560-3372 or 2-1-1; or visit Delaware211.org/ and search using "Code Purple."

Provide pets with warmth and shelter during harsh cold weather

To protect pets from punishing winter weather, bring them indoors, says the Delaware Office of Animal Welfare (OAW), located with the Division of Public Health. All pet dogs and cats should be brought indoors when the temperature falls below freezing (32 degrees F). Short-haired pets or very young or old pets should never be left outdoors in cold temperatures.

Delaware law calls for dogs not to be left outdoors during hazardous weather warnings issued by the National Weather Service.



If pets must be outdoors, pet owners must provide a dry, draft-free shelter that contains moisture-resistant bedding such as straw or cedar shavings. Housing should be appropriately sized for the animal and designed for animal sheltering. Pet owners should also provide a waterproof flap over the doorway to protect from wind and rain.

Use plastic bowls outside to prevent their tongues from sticking to cold metal, and frequently check their water so it is not frozen. Give animals extra food because they burn more calories in the cold.

Cats that are pets, stray, or feral also need dry, warm shelter, food, and water to help them survive dangerously low temperatures. Do not handle unfamiliar animals because animals may have rabies and not show symptoms.

For more information, visit OAW at <https://www.dhss.delaware.gov/dhss/dph/oaw/oawhome.html>.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health