

Health Department



THIRD ANNUAL

HARM REDUCTION CONFERENCE

Harm reduction is a way of preventing disease and promoting health that "meets people where they are," rather than making judgements about where they should be in terms of their personal health and lifestyle. Accepting that not everyone is ready or able to stop risky behavior. Harm reduction focuses on connection to community and access to services without judgment or coercion.

TRACK OPTIONS

Harm Reduction
Healthy Relationships
Food Sovereignty
Inside Out
Indigenous Voices



CONFERENCE IS VIRTUAL & FREE!!

Register at:

<https://ctsiharmreductionconference2022.eventbrite.com>

What is Narcan and why is it important?

Narcan is the brand name for naloxone, an FDA-approved prescription medicine that can block the effects of opioids and that reverses an overdose. When a person is overdosing on an opioid (heroin, fentanyl, and prescription pain pills like morphine, codeine, oxycodone and Vicodin,) breathing can slow down or stop, and it can be very hard to wake or revive the person affected.

Opioid overdose deaths skyrocketed during the pandemic, killing more than 69,000 people in 2020.

Research shows that high rates of Narcan/naloxone distribution among everyday people and emergency workers could reduce opioid overdose deaths by 21%.

This year alone, the Siletz Harm Reduction team has given out 608 Narcan kits, which equals 1,216 doses total.

If you would like to access Narcan and would like your own kit, please contact:

Shawnee Lacewell (541) 270-6732

Sheila Aviles (541) 272-9083

National Safe Toys & Gifts Month

We all love to see the smiles on our loved ones' faces when they open that special gift on Christmas each year, so let us look at a few safety tips to keep gift giving safe for families with children.

***Balloons:** Choking hazards. Broken or deflated balloons should be discarded immediately. Keep deflated balloons away from children younger than 8 years old.

***Small Toys & Parts:** More choking hazards. Keep small toys with parts that are removable or could easily break off away from children younger than 3 years old.

***Magnets:** Keep high-powered magnets, or toys that contain them, away from small children. If swallowed, these can be especially dangerous.

***Batteries:** Button or lithium coin batteries can be deadly choking hazards, especially for children under the age of 4 due to their smaller airways. Batteries also contain hazardous chemicals that can leak or explode if not handled properly. Adults should be in charge of batteries.

***Bicycles, Skateboards, and Scooters:** Avoid scrapes, bruises, and head injuries. If it's a toy or gift that a child can ride, be sure children have a properly fitted helmet to protect their heads. Protective pads for knees, elbows, and wrists are also a good idea.

- After opening gifts, immediately discard all plastic and packaging that could cause suffocation in small children.
- Keep toys for older kids away from younger children.
- Adults should charge toys that are rechargeable. Chargers and adapters can overheat and pose the risk of thermal burns.
- Be sure to remind family, friends, and Santa to bring gifts & toys that are age-appropriate.

December Emergency Preparedness

Make a Resolution

- Make an emergency plan: choose a safe place to meet, learn evacuation routes, and establish an out-of-town contact.
- Take a current photo of you and your pet together in case you get separated during a disaster.
- Get to know your neighbor and invite them to be a part of your emergency plan.
- Snap photos of important documents and save them in a secure place or online.
- Set up group text lists so you can communicate with friends and family during emergencies.
- Take a class in CPR and first aid. Keep and update emergency supplies; remember to include cash.
- Have back-up power sources available to charge devices in case of a power outage.
- Snap pictures of your property for insurance purposes.
- Check your insurance for coverage on disasters like floods, hurricanes, and earthquakes.

Sign up for alerts and warnings. Download the FEMA app to get real-time alerts and safety tips, and locate open shelters. Save for a rainy day! Start and grow your emergency fund. Financially prepare for the New Year. Find out how with the [Emergency Financial First Aid Kit](#).

