

August 2024

2·1·1

New Jersey



Information and Resource Packet

Get Connected. Get Help.

2-1-1

New Jersey

NJ 211 provides **free, confidential, and multilingual live** assistance 24 hours a day, every day of the year. Whichever method you choose to reach us, you will be communicating with a community resource specialist who has access to a resource database of over 6,300 community programs and services that assist people who need help with life's most basic needs like food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, child care, senior needs, legal assistance, transportation, disability services, and so much more.



DIAL
2-1-1



TEXT
your zip code at 898-211



CHAT
www.nj211.org



SEARCH
the resource database at nj211.org



COVID-19 Updates

- CDC recommends the 2024-2025 updated COVID-19 vaccines, expected to be available in Fall 2024.
- Everyone ages 6 months and older should receive an updated 2024-2025 COVID-19 vaccine to protect against serious illness from COVID-19.
- Children aged 6 months–4 years may need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated COVID-19 vaccine.
- People who are moderately or severely immunocompromised may get additional doses of updated COVID-19 vaccine.
- People aged 65 years and older who received 1 dose of any updated 2023-2024 COVID-19 vaccine (Pfizer-BioNTech, Moderna or Novavax) should receive 1 additional dose of an updated COVID-19 vaccine at least 4 months after the previous updated dose.

Stay up to date! Visit bit.ly/cdcupdatecovid24

COVID-19 & Flu Vaccinations

- In addition to the COVID-19 updated vaccine, the CDC recommends the updated 2024-2025 flu vaccine to protect against severe COVID-19 and flu this fall and winter.
- CDC encourages providers to begin their influenza vaccination planning efforts **now** and to vaccinate patients as indicated once 2024-2025 influenza vaccines become available.

COVID-19 Testing and Vaccines



Test Site Finder
bit.ly/njcovidtest



Vaccine Info & Locations
bit.ly/njcovidvaccines



Free Public Testing
bit.ly/njpublictest

Carry Naloxone, Save a Life

Naloxone, commonly known as **Narcan** or **Evizo**, is a prescription medicine and antidote that is used to reverse an opioid overdose. In the event a person stops breathing due to an overdose, a bystander can **safely and legally** use naloxone to help the person wake up and continue to breathe.

In New Jersey, **anyone 14 years or older** can obtain naloxone anonymously and at no cost at participating pharmacies across the state. This nation-leading program was created in 2023 through a partnership by the Department of Human Services and the New Jersey Board of Pharmacy and its Medicaid division to make this life-saving medication more readily accessible to the public amid an opioid overdose and addiction epidemic.

To learn more about Naloxone and where to obtain it through New Jersey's Free Naloxone at Pharmacies Program, visit

nj.gov/humanservices/stopoverdoses/



AP Photo / Patrick Semansky, File

How to Respond to an Opioid Overdose

1. **Identify Overdose & Check for Response** by checking for signs of an opioid overdose such as *being unresponsive to voice or touch, slow or irregular breathing, pale skin, purple lips and fingernails, very small pupils, faint heartbeat, limp arms and legs, inability to speak, and/or vomiting.*
2. **Call 9-1-1** to get the person immediate medical attention.
3. **Administer Naloxone.** If a person does NOT respond after a single dose, another dose may be given every 2-3 minutes until the person responds OR emergency medical help is received.
4. **Start Rescue Breathing & Chest Compressions** if the person is still not breathing or gasping for air.
5. **Place person in the Recovery Position:** put the person on their left side with their right leg and right arm crossed over their body. Stay with the person until help arrives.



Find Heating & Cooling Assistance

The **Low Income Home Energy Assistance Program (LIHEAP)** is a federally funded program designed to help low-income families and individuals meet home heating and medically necessary cooling costs.

Applications and recertifications for the 2025 season open on **October 1st, 2024**. To be considered eligible, the applicant household must be responsible for home heating and cooling costs and have a gross income that falls at or below 60% of the NJ State Median Income level.

NJ 211 serves as the state's Home Energy Assistance (HEA) Hotline and can help educate caller's about the programs, check their eligibility, provide application information, and check the benefit status. For more information, **call 2-1-1** or visit nj.gov/dca/dhcr/offices/hea.shtml

Disaster Preparedness: Hurricane Season

Over the years, New Jersey has felt the impact of hurricanes, ranging from Superstorm Sandy in 2012 to Hurricane Ida in 2021. Like most natural disasters, hurricanes can be unpredictable, hazardous, and deadly. Take the steps to protect you and your family from potential storms this season by reading the "Hurricane Survival Guide for New Jersey" available at

bit.ly/njhurricanesurvivalguide211



*Hurricane Season for the Atlantic is between **June 1st to November 30th**.*

Back to School Meals

With back to school season right around the corner, providing food for your child does not have to be an added worry. The National School Lunch Program, a federally assisted meal program created by the NJ Department of Agriculture, provides nutritionally balanced, low-cost or free lunches to children in public and nonprofit private schools and residential child care institutions. Families with a household income at or below current eligibility guidelines can apply at any time during the school year. To learn more about this program, visit fns.usda.gov/nslp or bit.ly/nationalschoollunchprogram



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