Frequently Asked Questions During a Crisis:
Coronavirus Outbreak (COVID-19)

1. How do I maintain sobriety during a crisis?
Here are some tips for maintaining sobriety during a crisis:

- **Attend a virtual 12-step meeting:** If you usually attend in-person meetings, consider checking out a virtual meeting from In The Rooms: [https://www.intherooms.com/home/](https://www.intherooms.com/home/). In The Rooms offers different meeting formats, including 12-Step, Non-12 Step, Wellness and Mental Health programs.
- **Stay in touch with your support group:** Even if you’re in isolation, remember that your support group, friends and family are only a call, text or video chat away.
  - Make it a part of your new daily routine to initiate some form of contact with the people in your support network. Maybe that means checking in with a parent every morning or scheduling a mid-morning coffee date with a friend over video chat.
- **Start an exercise routine:** Self-care is important during recovery, and that includes exercise. Research shows that exercising can boost mood, reduce anxiety, lower stress levels, improve your immune system, and so much more. Moving your body every day is a great way to stay healthy mentally and physically.

2. How do I access detox/rehab now?
The Coronavirus should not hinder your access to detox/rehab or recovery.

- If you are struggling with addiction, you still need help. As always, overcoming addiction could make the difference between life and death, and there is no evidence that rehab facilities are more likely to host coronavirus outbreaks than any other place. Please contact a dedicated treatment specialist today to learn more about your options for rehab and get answers to your questions about recovery.
- There are many different options for treatment, including outpatient and inpatient rehab, and a rehab center is the ideal environment for someone battling addiction and withdrawal. Here are several recommended options:
  - Maryville Addiction Treatment Center – Call 855-823-3428 or access online at [https://www.maryvillenj.org/](https://www.maryvillenj.org/)
  - Seabrook Alcohol and Drug Rehab Treatment Center – Call 856-244-7502 or access online at [https://www.seabrook.org/addiction-services/](https://www.seabrook.org/addiction-services/)
  - Straight and Narrow Detox Medical Hospital – Call 1-800-780-2294 to speak directly with an alcohol or drug abuse counselor or access online at [https://www.freerehabcenters.org/details/njstraightandnarrowdetoxmedicalhospital](https://www.freerehabcenters.org/details/njstraightandnarrowdetoxmedicalhospital)

- In addition, here are some HOTLINE/HELPLINE links to assist:
- **NJ Hotline for Addiction** – Call 211. This is an information and referral service that connect with you with substance use disorder recovery and support services or access online at [https://www.nj211.org/about-211](https://www.nj211.org/about-211)

- Call **1-844-ReachNJ (1-844-732-2465)**. This will connect you with organizations that provide inpatient and outpatient support services

- **2nd Floor:** Call 1-888-222-2228. This is a confidential and anonymous helpline for New Jersey’s youth and young adults

- **NJ Hope Line** – Call **1-855-654-6735**. This is a 24/7 peer support and suicide prevention hotline

- **NJ Connect for Recovery** – Call **1-855-652-3737** or access online at [https://www.njconnectforrecovery.org/](https://www.njconnectforrecovery.org/). This is a helpline for family and friends.

- **SAMHSA’s National Helpline** – 1-800-662-HELP (4357) - [https://www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

  SAMHSA’s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

3. **What are the signs of withdrawal and what to do if I am detoxing at home?**

   - The symptoms of drug withdrawal, and the length of that withdrawal, vary depending on the drug of abuse and the length of the addiction.

   - The severity and duration of withdrawal is influenced by the level of dependency on the substance and a few other factors, including:
     - Length of time abusing the substance
     - Type of substance abused
     - Method of abuse (e.g., snorting, smoking, injecting, or swallowing)
     - Amount taken each time
     - Family history and genetic makeup
     - Medical and mental health factors

   - **Signs and symptoms of an opioid overdose:**
     - A history of current narcotic or opioid use or fentanyl patches on skin or needle in the body
     - Unresponsive or unconscious individuals
     - Not breathing or slow/shallow respirations
     - Snoring or gurgling sounds (due to partial upper airway obstruction).
     - Blue lips and/or nail beds
     - Pinpoint pupils
     - Clammy skin

**Naloxone (NARCAN):** Naloxone is a medication that can reverse the effects of an overdose due to opioid use (prescription pain medication or heroin) and restore breathing within minutes. Family members and friends can obtain a prescription for Naloxone from their family doctor or use the **standing order**. Naloxone is available at most pharmacies and insurances vary on how they cover Naloxone.

When is naloxone used? You can save a life. First, recognize signs of overdose: Limp body; Pale, clammy face; Blue fingernails or lips; Vomiting or gurgling sounds; Inability to speak or be awakened; Slow breathing or heartbeat. If you see these symptoms, **call 911 immediately** and consider the use of naloxone if available.
4. When do I call for medical intervention?

- **Call 911** for a medical emergency or suspected opioid overdose. See above information for signs of overdose and how to respond.
- Check with your health provider(s) for a quick response for a medical intervention or ask about telehealth services that may be available. *(See NJ Hotlines/Helplines)*
- Medical intervention/treatment for substance use disorders can take many different forms and may be delivered in a range of settings varying in intensity. In all cases, though, the goals of treatment for substance use disorders are similar to treatment for any medical condition: to reduce the major symptoms of the illness and return the patient to a state of full functioning.
- Ideally, services are not “one size fits all” but are tailored to the unique needs of the individual. Treatment must be provided for an adequate length of time and should address the patient’s substance use as well as related health and social consequences that could contribute to the risk of relapse, including connecting to social support, housing, employment, and other wrap-around services.
  - Catholic Charities hotline for assistance during Coronavirus can be accessed at [https://catholiccharitiescamden.org/help/](https://catholiccharitiescamden.org/help/)

5. What do I need to know about joining an on-line meeting?

The online platform provides free recovery tools and 130 live online meetings each week for people recovering from addiction and related disorders. Like in-person meetings, your virtual group leader will invite participants to share and talk about their experiences.

- **Digital Recovery Meetings**
  - Alcoholics Anonymous - [https://www.aaonlinemeeting.net/](https://www.aaonlinemeeting.net/)
    
    The organization is hosting Zoom meetings, including special meetings for men, women, members of the LGBT community and other people with individual needs.
  - Narcotics Anonymous - [http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html](http://na-recovery.org/Narcotics_Anonymous_Online_Meeting_Schedule.html)

The Narcotics Anonymous website has a list of options for addicted individuals to meet either online or by phone. It also includes instructions on setting up virtual meeting services like Zoom.

6. How do I avoid the virus (COVID-19)?

- Since coronavirus is spread from person to person through respiratory droplets and bodily fluids, you should follow standard sanitary procedures to avoid spreading or contracting COVID-19, including:
  - Washing your hands regularly with soap and water (for at least 20 seconds)
  - Using alcohol-based hand sanitizer
  - Covering your mouth and nose when coughing and sneezing
  - Thoroughly cooking meat and eggs
  - Avoiding close contact with anyone who shows symptoms of a respiratory illness
  - Cleaning and disinfecting frequently touched objects and surfaces
  - Avoid incessantly touching your eyes, nose, and mouth
Substance abuse takes a negative toll on your health. A drug-dependent body with a weakened immune system is more likely to contract disease, including COVID-19. If you are addicted to drugs or alcohol, treatment for your addiction may be one effective way to avoiding coronavirus if the disease becomes a pandemic.

The following link will provide additional information on Harm Reduction and COVID-19: https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/

7. How can I emotionally deal with the stress and anxiety during this time?
   - Take breaks from watching, reading or listening to new stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
   - Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
   - Make time to unwind. Try to do some other activities you enjoy.
   - Connect with others. Talk with people you trust about your concerns and how you are feeling.

FOR ADDITIONAL RESOURCES, GO TO CATHOLIC CHARITIES WEBSITE AT https://catholiccharitiescamden.org/our-services/ or call 856-342-4057