

one

act of courage

SAVE A LIFE

Stop opioid overdose. Prevent a death.

- ✓ **BE PREPARED.** If a family member or friend uses opioids, have Naloxone on hand in case of overdose.
- ✓ **CHECK FOR SIGNS.** A person who has overdosed will have slow or no breathing, unconsciousness, blue lips or fingernails, and cool skin that's ashy and pale.
- ✓ **ACT FAST.** Administer Naloxone and call 911. Perform rescue breaths until medical help arrives.

STOP DEADLY OVERDOSE

- ✓ Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.¹
- ✓ Opioids are a leading cause of injury-related deaths in Washington State. More people die from overdose than from car crashes.¹
- ✓ Naloxone is a prescription medicine that temporarily stops the deadly effects of opioids.

WHAT IS NALOXONE?

- ✓ Naloxone helps a person wake up from overdose and begin breathing again.
- ✓ In Washington, anyone can carry and administer Naloxone.
- ✓ Ask your Tribal behavioral health provider, law enforcement, health provider, pharmacy, or a syringe exchange how to obtain Naloxone. Medicaid and most insurance plans cover the cost.²

Learn more at
StopOverdose.org

Sources: ¹Washington State Department of Health ²StopOverdose.org

Washington State
Health Care Authority