



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.

Ask your Tribal behavioral health provider, law enforcement, health provider, pharmacy, or a syringe exchange how to obtain Naloxone.

✓ **CHECK FOR SIGNS.** A person who has overdosed will have slow or no breathing, unconsciousness, blue lips or fingernails, and cool skin that is ashy and pale.

✓ **ACT FAST.** Administer Naloxone and call 911. Perform rescue breaths until medical help arrives.

Naloxone helps a person wake up from overdose and begin breathing again. In Washington, anyone can carry and administer Naloxone.

Learn more at
StopOverdose.org

Washington State
Health Care Authority