



# 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.<sup>1</sup>
- ✓ Opioids are a leading cause of injury-related deaths in Washington State. More people die from overdose than from car crashes.<sup>1</sup>
- ✓ 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.<sup>2</sup>

Learn more at  
**StopOverdose.org**

Sources: <sup>1</sup>Washington State Department of Health <sup>2</sup>StopOverdose.org

Washington State  
Health Care Authority