

# 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](https://www.stopoverdose.org)

Washington State  
Health Care Authority