



# one

act of  
courage

## save a life

Overdose rates in Indian Country are nearly triple the rate of any other community in Washington.<sup>1</sup> 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 is ashy and pale.
- ✓ **ACT FAST.** Administer Naloxone and call 911. Perform rescue breaths until medical help arrives.

Learn more at [StopOverdose.org](https://StopOverdose.org)

Source: <sup>1</sup>Washington State Department of Health

Washington State  
Health Care Authority