



**Everyone  
deserves to live,  
and anyone  
can be a  
friend for life.**

**KEEP YOUR  
FRIENDS  
SAFE.  
CARRY  
NALOXONE  
(NARCAN).**



**Learn more at  
[WAFriendsForLife.com](https://WAFriendsForLife.com)**

Washington State  
Health Care Authority

**Learn to  
recognize an  
opioid overdose  
and how you  
can stop it.**

# YOUR FRIEND MAY BE OVERDOSING IF THEY:

- **Can't wake up.**
- **Aren't breathing every 3 - 5 seconds.**
- **Are turning blue, gray or purple, or their skin feels cold.**

If you think your friend is overdosing, call 911. Then give them naloxone and rescue breaths.

**Washington state has Good Samaritan laws to protect you and your friend from prosecution for drug possession.**

## KNOW ABOUT NALOXONE

**Simply and safely reverse an opioid overdose.**

Anyone can get, carry, and use naloxone. It's available for free in many communities, or you can buy it at a pharmacy. (Washington has a standing order that acts like a prescription, so you don't need one.) It's simple to use — you don't need special training. And it's safe — it's not habit-forming and won't hurt anyone, even if they're not using opioids.

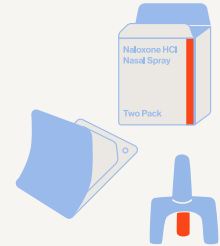
## HOW TO USE NASAL SPRAY NALOXONE

Start by laying your friend down.

### 1. Open the packaging

Don't do a test spray.

The canister only has one dose.

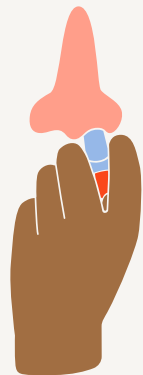


### 2. Hold the canister like this



### 3. Insert the nozzle into either nostril

Your fingers should touch their nose.



### 4. Press the plunger all the way

Naloxone starts working within 2 - 3 minutes.

