



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

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



Learn more at
WAFriendsForLife.com

**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.

