



**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 and give them
naloxone (Narcan).**

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

How to use naloxone:

Start by laying your friend down.

1. Open the packaging

Do not test the 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



Next, give your friend rescue breaths.

If they don't wake up within 2-3 minutes, give them naloxone again.

Keep giving rescue breaths and naloxone until they wake up or help arrives.



Learn more at
WAFriendsForLife.com

Washington State
Health Care Authority