



Social media graphics and captions

Download these graphics at WAFriendsForLife.com/toolkit, and upload them to your Facebook, Instagram, and Twitter pages as posts along with the captions below.



CAPTION:

Today's drug supply is unpredictable and dangerous. In the past 10 years, illicit fentanyl and other powerful additives have flooded the drug market. Now, an estimated 70% of all fatal overdoses in Washington involve opioids, including fentanyl. You can help keep the people you love safe. Share these facts and start carrying naloxone (Narcan), a medicine that reverses opioid overdoses. Learn more at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



How to give nasal spray naloxone

Learn more at: WAFriendsForLife.com



1. Open the packaging

Don't test the spray. The canister only has one dose.

Learn more at: WAFriendsForLife.com



2. Hold the canister like this

Learn more at: WAFriendsForLife.com



3. Insert the nozzle into either nostril

Your fingers should touch their nose.

Learn more at: WAFriendsForLife.com



4. Press the plunger all the way

Learn more at: WAFriendsForLife.com

CAPTION:

The dangers of fentanyl are real, but you can help keep your friends safe. Naloxone (Narcan) is a medicine that rapidly reverses opioid overdoses. It is available for free in many communities or for purchase at a pharmacy. Washington has a standing order which acts like a prescription, so anyone can get, carry, and use naloxone. Find out where you can pick up naloxone and have it with you wherever you go: WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



Learn how to reverse an overdose

Learn more at: WAFriendsForLife.com



Call 911.

If your friend is unresponsive, not breathing, or turning blue or gray, call 911 right away.

Learn more at: WAFriendsForLife.com



Give naloxone.

Give your friend one dose of naloxone every two to three minutes until their breathing is normal again. They should breathe once every three to five seconds. Do this even if you aren't sure they took opioids.

Learn more at: WAFriendsForLife.com



Give rescue breaths.

After you give your friend naloxone, lay them flat on the ground, tip their chin back, and provide one rescue breath every five seconds. Check that their chest is rising and falling with each breath that you give.

Learn more at: WAFriendsForLife.com



Stay until help arrives.

Naloxone wears off within 30–90 minutes. When it wears off, your friend may begin to overdose again. If you don't call 911, stay with them in case the naloxone wears off and they overdose again.

Learn more at: WAFriendsForLife.com

CAPTION:

An opioid overdose may look like your friend is asleep, so it's important to know the signs of an overdose. If you think your friend has overdosed, call 911 right away. Washington state's Good Samaritan laws protect you both from prosecution for drug possession. Then, give them naloxone (Narcan) and rescue breaths until they wake up or help arrives. Learn more about responding to an overdose at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

Naloxone (Narcan) is a medicine that safely reverses opioid overdoses. It's available in many communities for free or for purchase in a pharmacy. Washington state has a standing order, which acts like a prescription, that anyone can use. Help keep your friends safe and start carrying naloxone today. Find naloxone near you: WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

Fentanyl is often sold in pill or powder form. It is very strong and works fast, so overdoses can happen quickly. Fentanyl is also unpredictable. You might unknowingly take fentanyl that has been added to fake prescription pills, cocaine, MDMA, or heroin. Overdoses happen when fentanyl is ingested in some way (swallowed, snorted, injected, etc.) and enters the bloodstream. Just one pill or hit could cause a fatal overdose. Learn more at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

Washington state has Good Samaritan laws that protect people from prosecution for drug possession if they call 911 in the event of an overdose. Bottom line, if your friend is overdosing, call 911. Learn more at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

Simple. Safe. Legal. Naloxone is a medication that reverses opioid overdoses. Washington has a standing order which acts like a prescription, so anyone can get, carry, and use naloxone. It's not habit forming and can't hurt anyone, even if they're not using opioids. You don't need any special training, and it's available for free in many communities or for purchase at a pharmacy. Learn more at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

Illicit fentanyl does not have a unique color, taste, or smell to help identify it. Usually, it will be in a powder or pill form and may appear white, off-white, or brownish in color—like heroin, cocaine, or other pressed pills. It is not possible to tell by a pill or powder’s appearance, taste, or smell whether it contains fentanyl. Learn more at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

An opioid overdose may look like your friend is asleep, so it’s important to know the signs of an overdose. If you think your friend has overdosed, call 911 right away. Washington state’s Good Samaritan laws protect you both from prosecution for drug possession. Then, give them naloxone (Narcan) and rescue breaths until they wake up or help arrives. Learn more about responding to an overdose at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>



CAPTION:

1. Assume drugs you get anywhere other than a dispensary or pharmacy contain fentanyl.
2. Always carry naloxone (Narcan).
3. Know how to recognize the signs of an opioid overdose and how to reverse one.
4. Educate yourself on best practices by using our toolkit materials at WAFriendsForLife.com.

LINK: <https://WAFriendsForLife.com>