

THINK SOMEONE IS OVERDOSING? TAKE ACTION RIGHT AWAY!

IDENTIFY OPIOID OVERDOSE



Unresponsive

Not waking up, odd sleeping positions.

Breathing

No breathing, slow, irregular or noisy breaths (snoring/gurgling).

Skin

Cold, sweaty; gray, pale, or blue skin/lips.

Won't wake up

Say their name, try to wake them up.

WHAT TO DO



Call 911

Overdose is a medical emergency.

Washington has laws that protect you and the person overdosing from prosecution for drug possession.

Administer Naloxone

Insert nasal spray all the way into the nostril (until it touches your knuckles) and press the plunger with your thumb.

Rescue Breathing

Give 1 normal breath every 5 seconds.

Ensure Safety

Stay with them for 2 hours (if able) if EMS isn't involved.



Get Naloxone: Safe, life-saving, no prescription needed.
Scan the QR code or visit stopoverdose.org

