

Signs of an Overdose

- Unresponsive
- Slow, irregular breathing
- Blue or ashen lips or nails
- Cold, clammy skin
- Small “pinpoint” pupils

Life-Saving Tips

- Carry nalaxone with you
- Use test strips, or visit a drug checking program, to make sure you know what’s in your drugs
- Avoid using alone. Call Safe Spot if you are using alone: 1-800-972-0590
- Take turns when you are using with someone
- Always start at a lower dose after your tolerance has dropped – You can always use more, but you can’t use less



ROBERT CLEWIS CENTER

2124 4TH AVE., SEATTLE, WA

NEEDLE EXCHANGE	MON.	9:00AM - 7:00PM
	TUE.	1:00PM - 7:00PM
	WED.	9:00AM - 7:00PM
	THU.	9:00AM - 7:00PM
	FRI.	9:00AM - 7:00PM
	SAT.	2:00PM - 5:00PM

WALK-IN DRUG USER HEALTHCARE	MON.	1:00PM - 4:30PM
	WED.	9:00AM - 4:30PM
	FRI.	9:00AM - 4:30PM

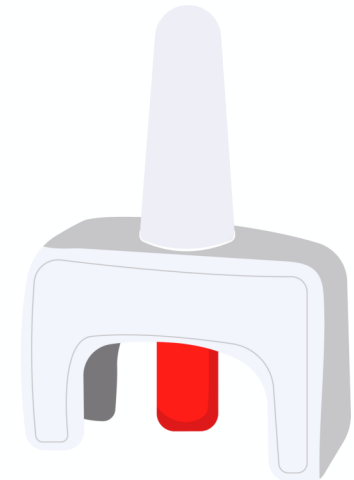
- **FREE TESTING:** HIV, SYPHILIS, HEP A,B,C
- **FREE VACCINES:** FLU, HEP A&B
- **HEP C TREATMENT**
- **SAFER INJECTION SUPPLIES**
- **NALOXONE**
- **DRUG CHECKING**
- **FENTANYL TEST STRIPS**
- **DETOX TREATMENT & REFERRALS**
- **COMMUNITY RESOURCES & INFORMATION**

[KINGCOUNTY.GOV/NEEDLE](https://www.kingcounty.gov/needle)

10/2025

Public Health
Seattle & King County

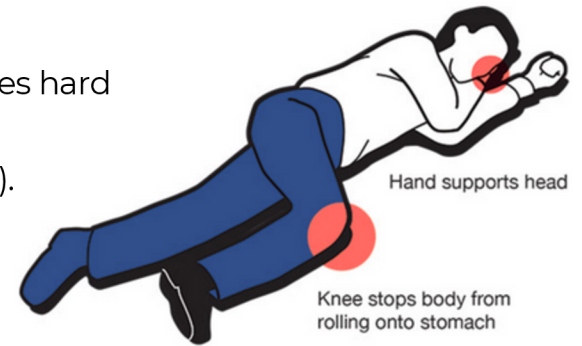
Reversing an Opioid Overdose with Naloxone



Helping Someone Who is Experiencing an Overdose

Step 1: Sternum Rub

- Try to wake up the person experiencing an overdose by rubbing your knuckles hard over their chest, shaking them, and calling their name.
- Place the person who is overdosing in the **RECOVERY POSITION** (see image).



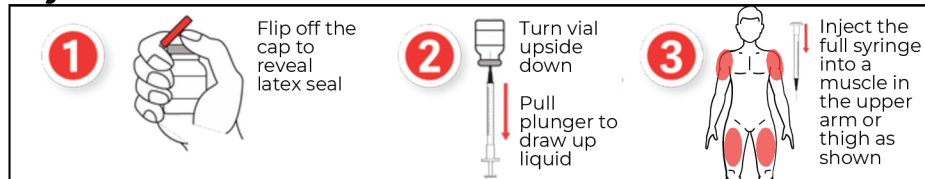
Step 2: Call 911 Immediately

- If someone else is present, tell them to call 911 while you take care of the person experiencing an overdose.
- Tell the 911 operator your exact location, or identify your nearest intersection or landmark.
- Tell the 911 operator that the person is **NOT RESPONDING** and **NOT BREATHING**. You do not need to say, “drug overdose.”

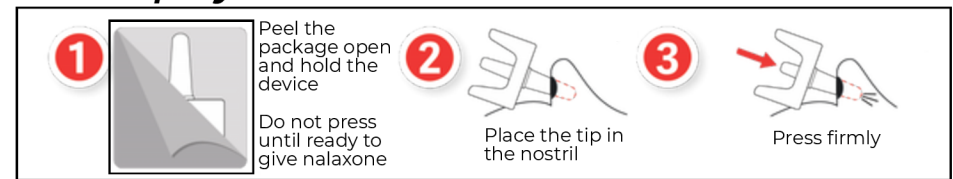
Step 3: Administer Naloxone

- Naloxone can be given by **injection** or **nasal spray**.

Injection



Nasal Spray



Step 4: Check Airway & Start Rescue Breathing



- Make sure nothing is blocking the person's airway
- Feel for breathing by placing your ear near their nose and mouth; Watch their chest for movement
- **Tilt the person's head back, lift their chin, and pinch their nose.**
- **Give one slow breath every 5 seconds.**
- **Continue rescue breathing until the person wakes up or until medical help arrives**
- Naloxone wears off in 30-90 minutes so stay with the person to monitor their breathing and continue checking for signs of overdose.