

# one

## act of courage

### SAVE A LIFE

We all play a part in stopping opioid overdose. Prevent a death by taking action now.

- ✓ **BE PREPARED.** If a family member or friend uses opioids, have naloxone (or Narcan) on hand in case of overdose. Naloxone (or Narcan) is a prescription medicine that reverses an opioid overdose by blocking the opioid receptors in the brain. It helps a person wake up from overdose and begin breathing again. Ask your Tribal behavioral health provider, law enforcement, health provider, pharmacy, or a syringe exchange how to obtain Naloxone.
- ✓ **CHECK FOR SIGNS.** A person who has overdosed will have slow or no breathing, unconsciousness, blue lips or fingernails, and cool skin that is ashy and pale.

### ACT FAST



Check for signs of opioid overdose



Call 911



Give naloxone (or Narcan)



Perform rescue breaths



Stay with the person until help arrives (and about two hours after the overdose)

Learn more at  
**WATribalOpioidSolutions.com**

Washington State  
Health Care Authority

Sources: <sup>1</sup>StopOverdose.org