

STARTS WITH **one**



The Washington State Health Care Authority (HCA) has launched an opioid misuse prevention campaign. The campaign is designed to inform and educate Washingtonians about the dangers of prescription drug misuse, promote safe storage and safe disposal practices, and inform about how to respond in the case of an overdose.

Causes of Opioid Overdose

An opioid overdose takes place when levels of opioids are too high in a person's system, causing them to lose consciousness and stop breathing. An overdose can happen suddenly or come on slowly over the course of a few hours. Without oxygen, the result can be fatal.

Responding to an Overdose

Every minute counts. If you think someone has overdosed, do the following:



Check for signs of
opioid overdose



Call 911



Give Naloxone



Perform Rescue
Breaths



Stay with the person
until help arrives

Signs of an Overdose:

- Slow or no breathing
- Pale, ashy, cool skin
- Won't wake up
- Blue lips or fingernails

What is Naloxone?

Naloxone is a prescription medicine that temporarily stops the effect of opioids. It helps a person begin breathing again and wake up from an overdose. It only works on opioid overdoses and cannot be used to get high, nor is it addictive. It can be easily and safely administered by anyone. All first responders carry Naloxone.

How to Get Naloxone

To find Naloxone near you, visit www.stopoverdose.org.