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## **Your friend may be overdosing if they:**

- Can't wake up.
- Aren't breathing every 3 – 5 seconds.
- Are turning blue, gray, or purple, or their skin feels cold.

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**If you think your friend is overdosing, call 911 and give them naloxone (Narcan).**

Washington state has Good Samaritan laws to protect you and your friend from prosecution for drug possession.

# How to use naloxone:

Start by laying your friend down.

## 1. Open the packaging

Don't do a test spray.

The canister only has one dose.

## 2. Hold the canister like this



## 3. Insert the nozzle into either nostril

Your fingers should touch their nose.



## 4. Press the plunger all the way

Next, give your friend rescue breaths.

If they don't wake up within 2-3 minutes, give them naloxone again.

Keep giving rescue breaths and naloxone until they wake up or help arrives.



Learn more at  
[WAFriendsForLife.com](http://WAFriendsForLife.com)

Washington State  
Health Care Authority