

# HOW TO GIVE NALOXONE

Your friend may be overdosing on opioids if they can't wake up, aren't breathing normally, or their skin is turning blue or gray. If you think your friend is overdosing, call 911. (Washington state has Good Samaritan laws to protect you both from prosecution for drug possession.) Then lay your friend down, and give them naloxone and rescue breaths. Once your friend starts breathing again, roll them onto their side.

## 1. Open the packaging

Don't do a test spray. The canister only has one dose.

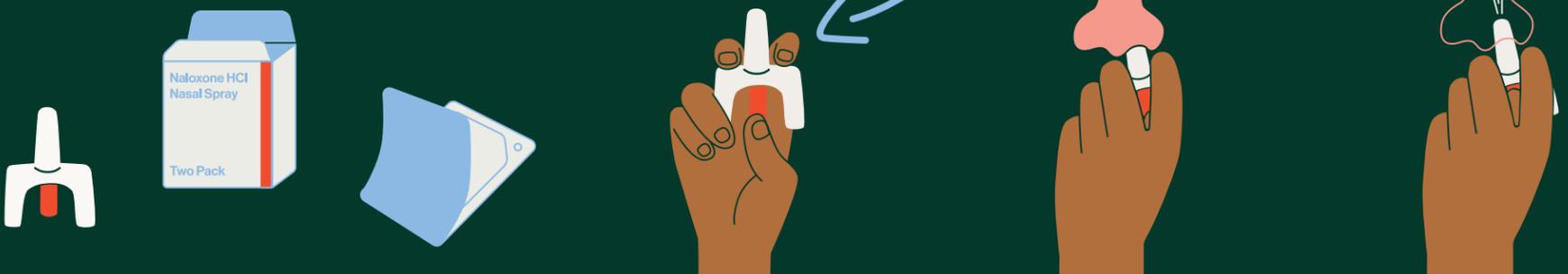
## 2. Hold the canister like this

## 3. Insert the nozzle into either nostril

Your fingers should touch their nose.

## 4. Press the plunger all the way

Naloxone starts working within 2 - 3 minutes.



Everyone deserves to live,  
and anyone can be a friend for life.

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

