So you’ve overdosed…now what?

**In the next few hours…**

**Stay with someone** for at least 4 hours. They can call 911 if you pass out again, stop breathing, or have other health problems.

**Wait out the naloxone before you use again.**
If you’re dope sick after naloxone, wait to get well. With more opioids you can OD again when the naloxone wears off. See how you feel in 30-90 mins.

**In the next few days…**

**Get a naloxone kit and tell others you have it.**
If you’ve OD’ed once, you’re more likely to OD again. Find naloxone and learn more at stopoverdose.org.

**Talk to someone.**
To see or have an overdose can be upsetting. It can help to talk to someone you trust.

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Affix local resources label here.