

You survived an overdose. Here's what to do next.

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.



If you take more opioids you can OD again when the naloxone wears off. See how you feel in 30-90 mins.

In the next few days...

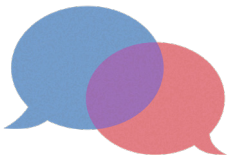
Get a naloxone kit and tell others you have it.

If you OD once, you're more likely to OD again. Find naloxone and learn more at stopoverdose.org



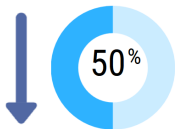
Talk to someone.

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



If you're interested...

Treatment that includes methadone or buprenorphine can reduce your chance of dying by 50%. These meds also reduce withdrawal symptoms and increase stability.



If you'd like more information, ask your local syringe exchange or call the Recovery Help Line at **1.866.789.1511.**

Free services & resources:



ADAI
ADDICTIONS, DRUG &
ALCOHOL INSTITUTE

UNIVERSITY of
WASHINGTON

stopoverdose.org