

# STARTS WITH **One**

Washington State  
Health Care Authority

**Starts with One is the Washington State Health Care Authority's (HCA) 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. On March 29, 2023, the U.S. Food and Drug Administration approved the first over-the-counter (OTC) naloxone nasal spray. The timeline for availability and price of OTC naloxone are still unknown.

## How to Get Naloxone

To find Naloxone near you, visit [www.stopoverdose.org](http://www.stopoverdose.org).