

# ***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...**

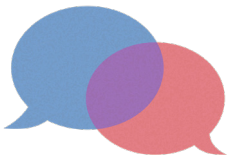
**Get a naloxone kit and tell others you have it.**

If you OD once, you're more likely to OD again. Find naloxone and learn more at [stopoverdose.org](http://stopoverdose.org)



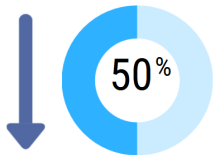
**Talk to someone.**

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 **866-789-1511**.

## Free services & resources:

### **Washington Telebuprenorphine Program**

*Get a quick telehealth appointment to start bupe*  
**206-289-0287** | [bit.ly/WATelebup](https://bit.ly/WATelebup)

### **Washington Recovery Help Line**

*Help finding treatment and other supports*  
**866-789-1511** | [bit.ly/WARecoveryHelpLine](https://bit.ly/WARecoveryHelpLine)



**stopoverdose.org**