

Naloxone Saves Lives

Reverse Opioid Overdoses At Any Age

Naloxone is safe and effective for people of all ages.

There is no minimum age for giving naloxone. It is a safe medication that can be given to anyone, including pregnant people, if they might be having an opioid overdose.

Washington's Good Samaritan Law

This law protects a person who calls 911 to report an overdose, as well as the person overdosing, from possession charges. However, it does not protect either of them from outstanding warrants, probation or parole violations, drug manufacture or delivery, controlled substances homicide, or crimes other than drug possession. Read more about the Good Samaritan law on the [StopOverdose.org](https://stopoverdose.org).

How to get Naloxone

Family members, friends, and other bystanders can save lives with naloxone

Naloxone can save lives, but only when you have it with you. These resources can help you and your family members get naloxone.

- doh.wa.gov/naloxonefinder shows where to find free naloxone in your area.
- Some forms of nasal naloxone are now available to purchase over the counter.
- You may be able to get naloxone through your health coverage (including as Apple Health/Medicaid), for free or at reduced cost, by using a prescription.
- If you don't have a prescription, you can tell a pharmacist you want to use the Statewide Standing Order to Dispense Naloxone to get naloxone from the pharmacy.
- If you do not have a place to get naloxone in your area, you can request free naloxone by mail at phra.org/naloxone.

More information on getting naloxone and the Statewide Standing Order to Dispense Naloxone: doh.wa.gov/you-and-your-family/drug-user-health/overdose-education-naloxone-distribution.

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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

NALOXONE IS SAFE FOR PEOPLE OF ALL AGES, INCLUDING INFANTS AND TODDLERS.

What families and caregivers should know about opioid overdose and naloxone



Naloxone Safety

Naloxone is a safe and effective medication for people of any age, including people who are pregnant. It can stop an overdose for a short time, but it only works on opioids. It does not work for other drugs like meth, benzos, or alcohol. If a person doesn't have opioids in their body, naloxone won't hurt them.

"There is virtually no downside to giving naloxone to a child or teen, even if you are not sure if they overdosed on opioids."
The American Academy of Pediatrics

In an emergency, standard-dose naloxone (e.g., 3 or 4 mg nasal spray) is safe for infants and children if a child-specific dose is unavailable.

There is no minimum age for giving naloxone. Young people can have naloxone and use it on someone they think is having an overdose. Many communities throughout the United States have trained students from elementary through high school age on how to recognize the signs of an opioid overdose and reverse it with naloxone.

Naloxone can be safely used by anyone who can follow the directions—even if they're not a doctor. This includes first responders like EMTs, as well as family members, friends, or caregivers. Families should think about keeping naloxone at home just in case, especially if someone in the house uses opioids, even if they are prescribed. You can keep naloxone in a first aid kit or another easy-to-reach place.

Opioids And Overdose

What Are Opioids?

Opioids are a type of drug that come from a plant called the opium poppy or are made to act like it. They are called depressants because they slow down the body, including your breathing and heart rate. They also block pain, so you don't feel it as much. Some common opioids are fentanyl, heroin, oxycodone, morphine, and codeine.

What Is An Opioid Overdose?

Even though opioid overdoses don't often happen to children, it's still important for parents, caregivers, and kids to be ready—just like they prepare for fires or other emergencies.

An opioid overdose happens when someone has an amount of opioids in their system that causes their breathing to slow down too much. Without help, a person's breathing can continue to slow until it stops. This can happen quickly and can be very dangerous.

Children can overdose if they accidentally swallow opioids, like pills, powders, rocks, or liquids. They can also touch surfaces with opioids on them and then put their fingers in their mouth. Even a small amount can be very dangerous.

Recognizing the signs of opioid overdose can save a life.

What To Do During An Opioid Overdose?

Naloxone is a safe medication that can be given to anyone of any age, if they might be having an opioid overdose. It should only be given to someone who is unconscious or cannot be awoken. **If you think someone is having an overdose, it is safe to give them naloxone even if you don't know what they might have taken or what is wrong with them.**

Signs Of An Opioid Overdose

- Not breathing, breathing very slowly, or making strange sounds like choking, gurgling, or snoring.
- Unconscious and can't be woken up.
- Skin, lips, or nails look pale and/or blue.

How To Use Naloxone

Instructions are provided with naloxone kits. Scan the QR code for the CDC's text and video instructions.

