Wellness Supplies located on campus

We stock a number of wellness supplies on campus for student use, including Narcan overdose treatment, emergency contraceptives, a variety of other sexual health supplies. You can find more information about all of these supplies here. If you have additional questions about any of these items, how to use them, or other ways to access them, please email the Health and Wellness Resource Center (HaWRC) at hawrc@uw.edu.

Narcan (Naloxone), Opioid Overdose Treatment

Located in the HaWRC, in the library vending machine, and in Campus Safety

Naloxone (brand name Narcan) is an over-the-counter medication for the treatment of opioid overdose. Narcan is a nasal spray that can be administered by anyone. If you believe that someone has overdosed, you should administer Narcan as quickly as possible. Symptoms of an overdose can include slow or no pulse, skin color changes (blue, grey, ashen), limp body, unable to wake up, gurgled breaths, or not breathing.

Narcan won’t harm a person if they’re overdosing on drugs other than opioids, so it’s always best to use it if you think someone is overdosing. Naloxone is not effective for alcohol poisoning, or other substances like methamphetamines. More than one dose of Naloxone may be required when stronger opioids like fentanyl are involved. The main steps to administer Narcan are Lay, Spray, and Stay: lay the person on their back, spray the Narcan dose in one nostril, and stay with them until help arrives.

For more information, including instructional videos and more in-depth resources, please visit the Narcan website at OTC NARCAN® (naloxone HCl) Nasal Spray, or the Stop Overdose website at Stopoverdose.org

For local data about naloxone, substance misuse, and overdose prevention, please visit www.kingcounty.gov/overdose

To locate additional doses of Narcan, please use this directory: Find Naloxone Near You | Stopoverdose.org
EMERGENCY CONTRACEPTIVES

Located in the HaWRC, and in the library vending machine

Emergency contraceptives are a form of birth control that can be used to prevent pregnancy if taken soon after unprotected sex. These are generally in pill form, and have name brands such as Plan B, Julie, Take Action, or My Way, and contain the same active ingredient, Levonorgestrel. Levonorgestrel products are available over the counter without a prescription. There is another type with the brand name Ella (active ingredient ulipristal acetate) which is available only by prescription.

Emergency contraceptives contain the same hormone as regular birth control pills. They work by stopping the release of an egg, or preventing an egg from implanting into the uterus. This is why it is important to take them as soon as possible after sex if other prevention methods have failed – the hormones will not have an effect if pregnancy has already occurred (if an egg has already been fertilized or implanted). Emergency contraceptives may be effective up to 72 hours after unprotected sex but are more effective the sooner they are taken.

Emergency contraceptives are for emergency use only, and not intended as a primary form of birth control. It also offers no protection against sexually transmitted diseases (STDs).

For more information about emergency contraceptives, please visit some of these resources:

Morning-after pill - Mayo Clinic

How Plan B Works | Plan B One-Step® (planbonestep.com)

Julie - One-Tablet Emergency Contraceptive (juliecare.co)

For information about other types of birth control, please visit these resources:

Bedsider Birth Control Support Network

Birth control and sexual health clinics - King County, Washington