

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

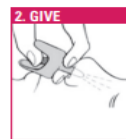
For local data about naloxone, substance misuse, and overdose prevention, please visit www.kingcounty.gov/overdose

To locate additional doses of Narcan, please use this directory: [Find Naloxone Near You | Stopoverdose.org](#)

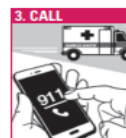
DIRECTIONS



- 1. CHECK**
- Step 1: CHECK if you suspect an overdose**
- **CHECK** for a **suspected overdose**: the person will not wake up or is very sleepy or not breathing well
 - » yell "Wake up!"
 - » shake the person gently
 - » if the person is not awake, go to Step 2



- 2. GIVE**
- Step 2: GIVE 1st dose in the nose**
- **HOLD** the nasal spray device with your thumb on the bottom of the plunger
 - **INSERT** the nozzle into either **NOSTRIL**
 - **PRESS** the plunger firmly to give the 1st dose
 - 1 nasal spray device contains 1 dose



- 3. CALL**
- Step 3: CALL**
- **CALL 911** immediately after giving the 1st dose



- 4. WATCH**
- Step 4: WATCH & GIVE**
- **WAIT** 2-3 minutes after the 1st dose to give the medicine time to work
 - if the person **wakes up**: Go to Step 5
 - if the person does **not wake up**:
 - » **CONTINUE TO GIVE** doses every 2-3 minutes until the person wakes up
 - » it is safe to keep giving doses



- 5. STAY**
- Step 5: STAY**
- **STAY** until ambulance arrives: even if the person wakes up
 - **GIVE** another dose if the person becomes very sleepy again
 - You may need to give all the doses in the pack

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](#)