

FREE

By Healthy Communities Coalition of Lyon and Storey Counties

Message from Director

As we continue sharing the many collaborative programs offered throughout Lyon County, your HCC team is grateful for the continued opportunities to engage in multi-faceted trainings that help us better support our families and partners.

Last month, two HCC staff members traveled to Washington, D.C. for a Leadership Forum. While there, they had the opportunity to meet with the offices of Congressman Mark Amodei, U.S. Senator Catherine Cortez Masto, and U.S. Senator Jacky Rosen. During these conversations, they shared the remarkable resiliency of rural Nevadans and highlighted the effectiveness of community-based strategies and policies that reduce substance misuse—especially among our youth.

It was an honor to share what strength in community truly looks like, lifting up the work happening right here at home through local partnerships, prevention initiatives, and the collective commitment of individuals and organizations working together for healthier futures.

As we move toward spring, we remain inspired by the dedication of our partners and the momentum we continue to build together. Thank you for being part of this work and for helping strengthen the wellbeing of Lyon County families and communities.

Wendy Madson, Director, HCC.



COMMUNITY ROOTS AND SHOOTS

NURSERY, FLORAL AND GIFT SHOP

209 Dayton Valley Road, Dayton, NV • (775) 350-9250

www.healthycomm.org/community-roots-shoots

Are you planning your 2026 garden?

Morgan Albatraoz, our Garden and Nutrition Advisor, welcomes your gardening questions. She holds a nursery professional certification, and previously worked with Healthy Communities in their exercise and nutrition program. Before that, she apprenticed under a horticulturist for 8 years at the Greenhouse Garden Center, and had her own small organic farm. In addition to typical vegetable, herb and flower seed varieties, Community Roots also has seeds ideal for container or patio gardening. Container-friendly seeds are specifically selected or bred to be compact, dwarf, or bushy to thrive in restricted root spaces.

Volunteer Spotlight



Christine Yates

Christine Yates has been volunteering with the Silver Stage Food Pantry in Silver Springs for eight months. Christine likes to help people and wants to take care of her community. Thank you, Christine, for sharing your time and energy! *We are so grateful to have you on our team.*

Free Blood Pressure Monitoring



In a partnership with the American Heart Association,

Healthy Communities Coalition food pantries all have tabletop blood pressure units available to clients at no cost. Even if you do not have a history of blood pressure issues, keeping an eye on your blood pressure can help you spot other health issues early. High blood pressure can be an indication of other health risks such as heart disease, stroke, even dementia.

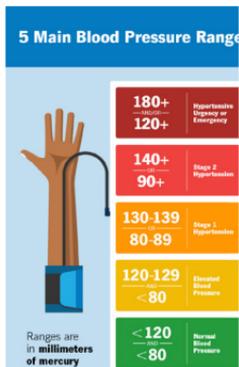
High blood pressure, along with a combination of at least three of these other conditions: high HDL Cholesterol, low triglycerides, high blood sugar or a waist circumference of greater than 40 inches for men and greater than 35 inches for women can be indicators or risk factors for Metabolic Syndrome.

Metabolic Syndrome is also known as Syndrome X, Insulin Resistance Syndrome or Dysmetabolic Syndrome. Met-S is a group of conditions that increase the risk of developing more serious conditions such as, Type 2 diabetes, stroke and cardiovascular disease. When the risk factors are recognized early, Met-S can often be reversed or significantly slowed through diet, exercise, lifestyle changes and/or medication.

Each HCC Food Pantry has Community Health Workers that can help clients with resources, access education and support lifestyle changes. CHW's can also connect with a client's primary care physician to help create and support a healthy living plan and set goals.

Another resource in the community that is available to Lyon County residents are blood pressure cuffs that can be checked out at any Lyon County libraries, Dayton, Silver Stage, Fernley, Yerington and Smith Valley branches for three weeks at the time. When a blood pressure cuff is checked out borrowers will also receive education regarding blood pressure and Metabolic Syndrome Risk Factors and contact information for CHWs in each community.

If you have any questions or would like to participate in a program to support connection with a CHW in your area to address risk factors for Metabolic Syndrome please email info@healthycomm.org





Coalition Meeting April 9, 2026

Everyone is Welcome
Breakfast and coffee are part of the public meetings.

HCC meets every other month
on the second Thursday 9am-11am
Silver Springs Community Center
2945 Fort Churchill Street
Silver Springs NV



Healthy Communities is comprised of dozens of local, state, federal and tribal group partners, community volunteers, and staff members all working together on a common mission to strengthen communities in the Lyon and Storey regions by increasing access to 1) health care and prevention of alcohol, tobacco and other drug use; 2) nutritious food; and 3) sustainable community-based opportunities that serve the common good and strengthen local assets and self-reliance.



988 TOWNHALL MEETING

Let Your Voice Be Heard:
Join Our Townhall Meeting

988 SUICIDE & CRISIS LIFELINE

Thursday, 9 April 2026
9:00AM- 11:30AM

Silver Springs Senior and Community Center
2945 Ft. Churchill Rd.
Silver Springs, NV 89429

At the 988 Townhall, you'll have the opportunity to:

- Share what's working
- Help us understand what's missing
- Share available resources and what's still needed
- Let us know your ideal crisis response system

775-350-7977 | <https://www.nv988coalition.org/> | hello@naminevada.org



April 9, 2026 Guest Speakers

- Alisha Moss, Prevention Coordinator for HCC, will give an update on the Nevada Clean Indoor Air Act and mandates for smoke-free environments in schools, restaurants and some other indoor spaces.
- Nevada Department of Public and Behavioral Health, NAMI and NAMI Western Nevada will lead a townhall asking for input on the 988 Suicide and Crisis Lifeline service. During this time, attendees will have the opportunity to 1) share what is working, 2) share available resources and list what's still needed, and 3) share visions of the ideal crisis response system.





Turn In Unneeded Medication For Safe Disposal.

Saturday April 25, 2026

Dayton: **SMITHS** • 2200 Old US Hwy 50

Silver Springs: **DOLLAR GENERAL** • 1105 Lake Ave.

Virginia City: **STOREY COUNTY SHERIFF'S OFFICE** • 205 S C St.

Yerington: **RALEY'S** • 176 W. Goldfield Ave

NO NEEDLES WILL BE ACCEPTED AT THESE SITES

NEVADA HEALTH CENTERS MOBILE SERVICES

Nevada Health Centers' mobile services are "family practices on wheels" staffed by medical professionals and offer services for all ages, including primary and preventative care. Call 775-257-7455 for more information.



Silver Stage Food Pantry

March 17, 2026 from 9:30am-3:00pm

DENTAL DAYS IN LYON COUNTY SCHOOLS

Taking care of student smiles



Healthy Communities Coalition is continuing our partnership with Lyon County School District and our dental partners Dayton Pediatric Dentistry, Sagebrush Dental, and Nevada Community Health Nurses to bring dental exams and fluoride treatments to students (with parent permission).

Dental Days will come to the following schools in April and May:

- Silver Stage Elementary School 4/28/2026
- Yerington Elementary School 5/12/2026



Partner Spotlight



State Farm
Romero Agency
 is a proud sponsor.



WWW.ASKLYDIA.NET (775)882-4875

State Farm Romero Agency: A Good Neighbor in Action

Our March/April partner spotlight celebrates Lydia Romero and State Farm Romero Agency. Lydia is a trusted local expert serving Dayton, Carson City, Virginia City, Reno, Lake Tahoe and Minden. She and her team have more than a decade of insurance experience and are licensed in both Nevada and California. The agency offers personalized coverage solutions for auto, home, life, pet, and business insurance. They also help with recreational and specialty vehicles including RVs, ATVs, and motorcycles.

Lydia says “my team and I strive to be the ‘go to’ resource. If we don’t know we will find out. If we can’t help, we will find someone who can. We strive to make education the foundation of everything we do. We help people protect their dreams.”

Click, call or visit State Farm Romero Agency for a free quote. The agency website address is www.asklydia.net and the office, located at 2085 East William Street, Suite 20 in Carson City, can be reached at (775) 882-4875.

In addition to bringing a wealth of experience to the insurance world, Lydia Romero is a passionate advocate for rescue animals and breast cancer research. In addition, she and the State Farm Romero Agency team frequently use their resources to give back locally, including a recent generous donation of \$6,000 to support Healthy Communities Coalition of Lyon and Storey Counties’ work on food security, health and wellness, and tobacco and other drug use prevention.

Thanks to community partners like Lydia Romero and State Farm Romero Agency, we’re able to uplift health and wellness across our community. Thank you!

March is officially Nutrition Month in Nevada!

Join us as we celebrate Nutrition Month by uplifting efforts that help Nevadans eat well and thrive.

Throughout March, organizations, partners, and community members across the state are encouraged to promote evidence-based nutrition practices and support programs that help Nevadans live healthier lives.

For example, at Healthy Communities' food pantries in Dayton, Silver Springs and Yerington, clients select foods they prefer, similar to a grocery store, rather than receiving pre-packaged boxes. This "client choice" model boosts dignity, reduces waste by avoiding unwanted food, and better accommodates dietary needs and cultural preferences.

There is a connection between good nutrition, chronic disease prevention, improved quality of life, and overall community resilience.

Together, we can build a healthier Nevada.

MARCH NATIONAL AWARENESS MONTH



APRIL NATIONAL AWARENESS MONTH



Rethink the Drink:

April is Alcohol Awareness Month, an opportunity to update your knowledge about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society.



Alcohol-related problems continue to take a heavy toll on individuals, families, and communities. Researchers estimate that each year there are more than 178,000 alcohol-related deaths, making alcohol a leading preventable cause of death in the United States. In addition, more than 200 disease and injury-related conditions are associated with alcohol misuse.



SMART
Recovery

Coming Soon!

SMART Recovery is built on evidence-based methods that help people manage urges, change unhelpful thinking patterns, regulate emotions, and create a balanced, fulfilling life. Unlike traditional approaches that rely heavily on labels or lifelong identity with addiction, SMART Recovery emphasizes self-management and the belief that people can learn the tools needed to make positive, lasting change.

More information about meeting times, locations, and ways to get involved locally will be announced soon. Stay tuned as SMART Recovery prepares to launch and bring a new path toward hope, growth, and lasting recovery.

FOR MORE INFORMATION OR TO GET STARTED NOW

Please visit smartrecovery.org

Dandelion Parent Corner*By Connie Ruano, HCC Parent Advocate***March Marks Self-Harm Awareness Month:***A Community Call for Understanding and Support*

As March arrives, communities across the country turn their attention to an often-hidden struggle affecting young people and adults alike: self-harm. Self-Harm Awareness Month encourages all of us to learn, listen, and lend support to those who may be suffering in silence.

Self-harm, also called self-injury, refers to intentionally hurting oneself, usually as a response to overwhelming emotional pain.

Although it can happen at any age, teens are especially vulnerable.

And while it can be difficult to recognize, understanding the signs and knowing how to help can make a world of difference.

A Growing Concern: Over the past decade, the numbers have climbed dramatically—particularly among girls. Between 2001 and 2015, rates of self-harm increased 166% among girls ages 10–14, and 62% among girls ages 15–19. Cutting—the most common form of self-injury—has risen steadily every year since 2009.

What Self-Harm Can Look Like: Self-harm often takes place in private and may follow a repeated or ritual-like pattern. Common methods include: Cutting or scratching • Burning with matches, cigarettes, or heated objects • Carving words or symbols into the skin • Punching or hitting oneself • Head banging • Piercing or puncturing the skin • Inserting objects under the skin. Arms, legs, and the torso are the most frequent areas affected, but self-injury can occur anywhere on the body.

Warning Signs to Watch For: Self-injury often begins around ages 13 to 14, when emotional pressures and social challenges become more intense. Warning signs may include: Unexplained scars or frequent “accidental” injuries, fresh cuts, burns, scratches, or bruises, wearing long sleeves or long pants in hot weather,

How We Can Help Prevent Self-Harm: Awareness opens the door to early support. Encourage open conversations. Secrecy often makes the problem worse. Talk about media influence. Young people may imitate self-harm they see online or in popular culture.

What to Do When Someone You Care About Self-Harms

If you're worried about a friend, child, or loved one, start with a simple question: “How are you doing?” Listen without judgment, even if it's uncomfortable.

Teens: Encourage your friend to talk to a parent, teacher, school counselor, or trusted adult. Remember: acknowledging the problem is not a betrayal—it's an act of care.

Dandelion Parent Corner

By Connie Ruano, HCC Parent Advocate

April Marks Child Abuse Prevention Month: *Communities Unite to Support Children and Families*

Every April, communities across the United States come together with a shared purpose: to raise awareness about child abuse prevention and to ensure all children grow up in safe, nurturing environments. Whether through volunteering, advocacy, or simply sharing resources, each of us has the power to help children thrive.

Strong, healthy childhoods create strong, healthy communities. When children are supported and protected, they are more likely to grow into engaged, confident adults. That’s why Prevent Child Abuse America (PCAA) a national nonprofit founded in 1972 with chapters in all 50 states continues its mission to strengthen families. This year’s national theme, “Building Together: Prevention in Partnership,” highlights the simple truth that keeping children safe takes all of us working side by side.

The message is clear: *child abuse and neglect are preventable, and prevention begins long before a crisis occurs. When families have the resources they need, children have the chance to experience safe, joyful, and positive childhoods.*

Together, We Can Build a Brighter Future

Keeping children safe doesn’t always require big actions. Often, it’s small, everyday choices that make the greatest difference. Coaching a sports team, checking in on a neighbor, volunteering at a local school, mentoring a teen, or advocating for community resources all help pave the way for safer childhoods.

Each April, people show their support by wearing blue, planting pinwheel gardens, sharing resources online, and participating in local events. These simple acts help shine a light on an issue that affects every community.

*Change starts close to home with each of us.
Your voice, time, and compassion matter.*



From all of us at Healthy Communities Coalition, thank you for your commitment to making the world a safer, brighter place for every child.

For more information on Child Abuse Prevention please visit:
National Child Abuse Prevention Month | Children’s Bureau

NATIONAL VOLUNTEER WEEK April 19-25, 2026



University of Nevada, Reno

Sanford Center for Aging



HUMAN SERVICES
SENIOR SERVICES

HEALTH & WELLNESS WORKSHOPS Spring 2026

Register for ANY class for free:

<https://bit.ly/SanfordSpring26Lyon>



Sanford Center for Aging is dedicated to supporting the health and well-being of older adults through education and free health and wellness programs. Sanford Center is funded by federal and local grants and community support.

Healthy Steps for Older Adults: **TWO OPTIONS**

Home safety, medications, strength, balance, flexibility, and more!

1. Thursday, February 12 - Friday, February 13, 10 a.m. - 12:30 p.m. both days **VIRTUAL!**

2. Thursday, March 26, 9:30 a.m. - 3 p.m. (Break 11:30 a.m. - 12:30 p.m.)

Class offered at Silver Springs Senior Center: 2945 Ft. Churchill Road, Silver Springs

Fit & Strong

Low-impact aerobics/fitness, strength training and health education

Monday, Wednesday, Friday 10 - 11:30 a.m. April 29 - June 29 **VIRTUAL!**

Diabetes Self-Management Program (DSMP)

Manage Diabetes, including exercise, meal planning, foot care, and more!

Thursdays, March 26 - May 7

12 - 2:30 p.m. **VIRTUAL!**

Living Well with Chronic Conditions

Learn self-management techniques and skills for any ongoing health condition.

Tuesdays, May 12 - June 23, 9 - 11:30 a.m.

Class offered at Silver Springs Senior Center: 2945 Ft. Churchill Road, Silver Springs

unr.edu/sanford | (775) 784-4774 | sanford@unr.edu



FIND US ON FACEBOOK
[@UNRSCA](https://www.facebook.com/UNRSCA)

Community Chest Inc.



WOMANS EMOTIONAL SUPPORT GROUP

**WEDNESDAYS 3:30PM-4:30 PM
(VIA TELEHEALTH)**

The overall goal of the group is to provide a safe, supportive, and trauma-informed space focused on emotional support for victims of crime.

Contact Faith for more
information

775-315-6858

Need to talk?

*Here are
some amazing
organizations
who provide
immediate
support over
the phone.*

24/7 Support for ALL:

- Rural Nevada Counseling 775-431-0211
- NV Rural Clinics 877-283-2437
- 9-8-8 (Call or text)

Additional Youth Support:

LCSD's Hazel Health

<https://getstarted.hazel.co/district/lyoncsd>

NAMI Western Teen Text Line

Noon-Midnite, 7 days/week 775-296-8336

CareSolace

<https://caresolace.com/site/lyoncsd> • 888-515-0595

Lyon County Human Services C3 for youth

Call M-F 8am-5pm • 775-430-0324

Changes Coming for Some SNAP Recipients



If you receive SNAP benefits, (Supplemental Nutrition Assistance Program), you may have heard about changes for some recipients beginning May 1, 2026. Below are details about some of the expected changes.

New federal requirements for “Able-Bodied Adult Without Dependents” (ABAWD) define ABAWD as a person who is “physically and mentally able to work and who does not have a child under age 14 in the SNAP household.” To maintain SNAP eligibility ABAWDs must work a minimum of 20 hours per week or participate in approved activities such as job readiness programs, volunteering or job searching.

In addition, under the new guidelines established by the “One Big Beautiful Bill Act,” certain exemptions have been eliminated. Veterans, youth who have aged out of foster care, and individuals experiencing homelessness will no longer be exempt from work requirements.

However, due to pending litigation, Nevada will continue to waive work requirements for certain SNAP recipients, allowing some to remain eligible for benefits through April 30, 2026.

Individuals not meeting ABAWD work requirements are expected to lose SNAP benefits on May 1, 2026.

APPROVED WORK ACTIVITIES: Individuals who would like to engage in approved work activities are encouraged to email DSS (the Nevada Division of Social Services) at welfare@dss.nv.gov with “ABAWD opportunities” in the subject line.

The Nevada Division of Social Services (DSS) administers programs that provide essential support to individuals and families across the state, including food assistance, medical coverage, energy assistance and employment-related services.

APPLYING FOR SNAP: To apply for assistance such as SNAP, please visit accessnevada.nv.gov.

SUPPORT: At HCC’s food pantries in Dayton, Silver Springs and Yerington, on-site Community Health Workers can help you connect with local food, health and wellness resources. They can also help you find answers to your questions about your SNAP eligibility. HCC’s food pantries are welcoming places to volunteer, and your volunteer work at the pantries may meet new requirements for ABAWDs.

For more information, contact the food pantry in your community (locations and phone numbers can be found on the last page of The Dandelion).

At HCC food pantries, support goes beyond food assistance. We believe in empowering individuals and families to make informed choices about their health, ensuring they have access to the resources they need to plan for their futures effectively.

Following is a schedule of upcoming health and wellness outreach events at HCC's food pantries:



Wellcare

Wellcare, a Medicare Advantage Company, will be at HCC's food pantries this year to offer information for those interested in learning more about Medicare.

[Get More Info](#)

Below are the dates for March through May, 2026:

Dayton Food Pantry:

Every 3rd Wednesday
of the month 7am-10am

3/18/2026

4/15/2026

5/20/2026

Silver Stage Food Pantry:

Every 4th Wednesday
of the month 8am-10am

3/25/2026

4/22/2026

5/27/2026

Yerington Food Pantry:

Every 3rd Thursday
of the month 9am-Noon

3/19/2026

4/16/2026

5/21/2026


**silversummit
healthplan™**

SilverSummit Healthplan will visit HCC food pantries to offer information about its expansion into rural Nevada.

SilverSummit Healthplan is expanding

Medicaid coverage to all 17 counties across the state this year. Medicaid is a critical coverage option for people living in rural areas who would otherwise not be able to afford insurance.

Learn more: SilverSummitHealthplan.com

Dayton Schedule:

March 10 – 11:30 AM - 1:30 PM

March 17 – 10:00 AM - 2:00 PM

March 19 – 2:00 PM - 4:00 PM



CareSource®

CareSource Nevada is a non-profit managed care organization providing Medicaid and Marketplace health plans to Nevada residents. They visit HCC's food pantries to share information and answer questions.

Dayton Food Pantry:

3/10/2026 • 10am-Noon

3/18/2026 • 2pm-4pm

3/26/2026 • 1pm-3pm

Silver Stage Food Pantry:

3/12/2026 • 1pm-4pm

3/19/2026 • 9am- Noon

3/26/2026 • 8am-Noon

Yerington Food Pantry:

3/12/2026 • 9am-Noon

3/25/2026 • 9am-11:30



SPRING GARDEN PREPARATION

Greetings gardeners! Spring is rapidly approaching, and we are all eager to start playing in the dirt. Mother Nature likes to tease us here in Northern Nevada with false starts and wildly fluctuating temperatures and weather patterns. We often get tempted to plant starts when it's warm and then wind up disappointed because the weather turns cold and freezes our new babies.

One way to fulfill our need to get gardening is to take the time to properly prepare your yard/garden. We all know how challenging our growing conditions are here on the Comstock. A well-prepared garden gives you a better chance at success.

Here's a basic what-to-do list to help you get a jump start on your gardening:

PLAN – What do you want to plant, where do you want to plant, order seeds & starts as desired.

TOOLS – Clean, disinfect, sharpen, repair or replace your tools. Sharpen your pruners & saws, tighten loose screws and bolts, then be sure to clean and disinfect your tools. A spray disinfectant is an easy way to get tools clean and prevents the spread of any disease carrying organisms that could be hiding in your tools.

PRUNE --appropriate trees & shrubs. It's a good idea to learn about your plants and find out the best time and methods to prune them. Some plants fruit or blossom on the previous years' growth, this is a good opportunity to learn more about your plants.

The 3 "C"s of pruning are **Crowded**, **Crossing**, and **Competing**— these are the branches to remove. Be sure to prune branches at the collar of the branch, do not leave stumps and try not to cut in to the main cross branches. Pruning gives you the opportunity to get a close look at your plants. Watch for any signs of insect damage or disease. This is the best time to get ahead of any potential problems. Now is the time to treat for any issues you find.

CLEAN/CLEAR --yards, beds, planting areas. Test soils, determine what might need to be amended, aerated or supplemented. Whenever you start a new garden it's always a good idea to get your soil tested so you can address anything that might need to be treated or amended. There are several local organizations that can test your soil and recommend any treatment to improve your soil.

DIVIDE PERENNIALS—If you're fortunate to have bulb, tubers, or perennials that have gotten crowded and need thinning now is the time to do so. There are some local organizations that have plant/bulb swaps (usually in May). It's a fun activity and a good way to make new friends and learn more about what works best for a beautiful garden. If you don't have enough to share or swap it's still a fun way to see what's going on in our local gardens. There are often growers that will offer starts at very reasonable prices if you don't have anything to swap.

FERTILIZE, AERATE --While you're out pruning, dividing, and inspecting your gardens is a good time to check your soil conditions. You can aerate areas that have compacted over the winter, and to introduce the appropriate fertilizers to any areas that need supplementing

CHECK, REPAIR/ADD ON TO IRRIGATION SYSTEMS. Now is the time to inspect your irrigation systems. Repair or replace emitters, shore up tree wells etc.

MULCH-- With your garden cleaned and prepared, it is time to apply a layer of organic mulch to create a protective barrier over your soil. While compost is an excellent choice, other materials like wood chips, bark, and pine needles offer superior, long-lasting protection. Mulching helps suppress weeds and keeps moisture in your soil longer.

STARTS – Yayy! Finally we can get indoor seeds started. Plant cool season plants such as cabbage, broccoli, lettuce and much more.

Happy Gardening!



HCC Food Pantries Hours



DAYTON 209 Dayton Valley Rd. • 775-246-7834

Tuesday
10am - 4pm

Wednesday
7am - 10am Golden Groceries (60+)
10am - 6 pm

Thursday
10am - 4pm

SILVER SPRINGS 1290 Lahontan St. • 775-577-9161

Wednesday
8am-10am Golden Groceries (60+)
10am - 5 pm

Thursday
8am - 5pm



YERINGTON 502 W. Bridge St. • 775-344-8109

Wednesday 9am - 5pm

Thursday 9am - 4pm

Did you know.....

- Medication lock boxes
- Deterra: safe medication disposal pouches
- Narcan
- Fentanyl test strips
- Condoms

.....All these items and support for quitting smoking are available at all three of our Food Pantry locations. Subject to availability.

Dayton Pantry 209 Dayton Valley Rd.

775-246-7834

Silver Stage Pantry 1290 Lahontan St.

775-577-9161

Yerington Pantry 502 W. Bridge St.

775-344-8109



Visit us at Healthycomm.org
Like us on Facebook:
Healthy Communities Coalition of
Lyon & Storey Counties

Naloxone Kits: Healthy Communities food pantries in Dayton, Silver Springs and Yerington have a stock of Naloxone kits. SAMHSA notes that ‘Naloxone is designed to rapidly reverse opioid overdose. It is an opioid antagonist—meaning that it binds to opioid receptors and can reverse and block the effects of other opioids, such as heroin, morphine, and oxycodone. Administered when a patient is showing signs of opioid overdose, naloxone is a temporary treatment and its effects do not last long. Therefore, it is critical to obtain medical intervention as soon as possible after administering/receiving naloxone.’

SAVE A LIFE
CARRY NALOXONE