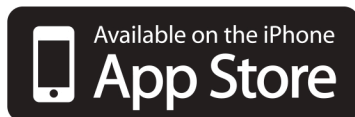# Using Alone?

Download
Lifeguard App

The app has a 1 minute timer. If you are not able to snooze or turn off the timer after 1 minute, the app will contact ambulance services with your location in case of an **overdose.**

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