

Opioid misuse is the **third** leading cause  
of **accidental death** in Ontario.

# Prevent drug overdose, save lives

## Remember the 4 C's



**Careful Use** don't use alone, go slow by testing effect with small amounts first.

1



**Carry naloxone** get a **FREE** naloxone kit, and training at the following locations:

- Public Health Services Harm Reduction program: **905-546-4276**
- Participating local pharmacies by calling the Drug and Alcohol Helpline: **1-800-565-8603**

2



**Call 9-1-1** for every overdose. You, your friend or family member need hospital care to survive.

3



**CPR** push hard, push fast.  
Start chest compressions

4



Hamilton

