

Remember the Four C's

for safer drug use.



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

1



Carry Naloxone. Get a free naloxone kit from any HNHU office or at participating pharmacies.

2



Call 9-1-1 for every overdose. Your friend or family member needs additional medical care, even when naloxone is used.

3



CPR push hard, push fast.

4