



Action Steps

Injury Prevention & Self Care for Older Adults

There are a number of ways you can enhance your overall wellbeing and prevent injury. Don't be proud! Check with your local Community Center or Town to see what activities or programs are available to you.

- Strengthening/Chair/Tai Chi exercise classes
- Outfit your home with safety measures that support the aging process
- Motion sensor lights for hallways and doorways
- Ask for assistance if you're having trouble getting around
- Install safety bars near your toilet and shower

Clean out your medicine cabinets with outdated or unused medicine.

A list of drop box locations on the back of this flyer.

Keep an eye out for Count It, Lock It, Drop It events in your town.

The DEA schedules two "National Drug Take Back Days" in April and October of each year where you can drop off all unwanted prescription and over-the-counter medications, anonymously, no questions asked.

Follow directions closely when taking prescription medicines

"As Needed" Medicines taken only if you are experiencing symptoms.

"As Directed" Follow specific dosage directions carefully for medicines prescribed by your doctor.

Signs and Symptoms of an Opioid (pain medicine) Overdose

Slow breathing ■ Person not responding ■ Vomiting ■ Chest pain

Narcan Can Save Lives

Narcan is a nasal spray medicine that reverses the effects of an opioid overdose. This medicine will not harm you if you use it and are not having an overdose. To get your own Narcan, take a short survey and it will be sent to you.

Community First Responder Program (uri.edu)

Text 401-603-6069 to ask for free Narcan and they will deliver to your door.



Secure Drop Boxes like this are available at all local and State Police Departments, as well as many CVS, Walgreens and Walmart Pharmacies.

Count It! Lock It! Drop It!®



**Kent County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



**South County
Prevention Coalition**
Member of Rhode Island Regional Coalitions



Rhode Island's Permanent Prescription Drug Disposal Sites

Free. Anonymous. No Questions Asked.

Barrington Police Department

100 Federal Rd., Barrington (401) 437-3935

Bristol Police Department

395 Metacom Ave., Bristol (401) 253-6900

Burrillville Police Department

1477 Victory Hwy., Oakland (401) 568-6255

Central Falls Police Department

160 Illinois St., Central Falls (401) 727-7411

Charlestown Police Department

4901 Old Post Rd., Charlestown (401) 364-1212

Cranston Police Department

5 Garfield Ave., Cranston (401) 942-2211

Cumberland Police Department

1380 Diamond Hill Rd., Cumberland (401) 333-2500

CVS Pharmacy available at 24-hour locations or:

180 County Road, Barrington (401) 245-0512

400 Metacom Ave., Bristol (401) 253-2050

640 Warren Ave., East Providence (401) 438-2272

960 Broad St., Providence (401) 461-4383

935 Manton Ave., Providence (401) 453-5612

East Greenwich Police Department

176 First Ave., East Greenwich (401) 884-2244

Foster Police Department

182 Howard Hill Rd., Foster (401) 397-3317

Hopkinton Police Department

406 Woodville Rd., Hopkinton (401) 377-7750

Jamestown Police Department

250 Conanicus Ave., Jamestown (401) 423-1212

Johnston Police Department

1651 Atwood Ave., Johnston (401) 231-4210

Lincoln Police Department

100 River Rd., Lincoln (401) 333-8281

Little Compton Police Department

60 Simmons Rd., Little Compton (401) 635-2311

Middletown Public Safety Complex

123 Valley Rd., Middletown (401) 846-1144

Narragansett Indian Tribal Police

4375-B So. County Trail, Charlestown (401) 364-1100

Narragansett Police Department

40 Caswell St., Narragansett (401) 789-1091

Newport Police Department

120 Broadway, Newport (401) 847-1306

New Shoreham Police Department

10 Beach Ave., New Shoreham (401) 466-3220

North Kingstown Police Department

8166 Post Rd., North Kingstown (401) 294-3316

Prescription drugs only. Town residents only.

North Providence Police Department

1835 Mineral Spring Ave., No. Providence (401) 231-4533

North Smithfield Police Department

575 Smithfield Rd., No. Smithfield, RI (401) 762-1212

Pascoag Fire Department

105 Pascoag Main St., Pascoag (401) 568-4470

Pawtucket Police Department

121 Roosevelt Ave., Pawtucket (401) 727-9100

Portsmouth Police Department

2270 E Main Rd., Portsmouth (401) 683-0300

Providence Police Department

325 Washington St., Providence (401) 272-3121

Rhode Island State Police

311 Danielson Pike, North Scituate (401) 444-1000

54 Nooseneck Rd., Richmond (401) 444-1068

7875 Post Rd., North Kingstown (401) 444-1064

1575 Louisquisset Pike, Lincoln (401) 444-1100

Richmond Police Department

1168 Main St., Richmond (401) 539-8289

Smithfield Police Department

215 Pleasant View Ave., Smithfield (401) 231-2500

South Kingstown Police Department

1790 Kingstown Rd., Wakefield (401) 783-3321

Tiverton Police Department

20 Industrial Way, Tiverton (401) 625-6717

Walgreens Pharmacy

1010 Park Ave., Cranston (401) 946-0337

295 Academy Ave., Providence (401) 273-7675

533 Elmwood Ave., Providence (401) 781-7930

1140 North Main St., Providence (401) 278-4901

Walmart Pharmacy

650 Centre of New England Blvd., Coventry (401) 823-7060

199 Connell Hwy., Newport (401) 848-5861

1031 Ten Rod Rd., North Kingstown (401) 294-3455

7 Dowling Village Blvd., North Smithfield (401) 766-0273

51 Silver Spring St., Providence (401) 272-5340

Warren Police Department

1 Joyce St., Warren (401) 245-1311

Warwick Police Department

99 Veterans Memorial Dr., Warwick (401) 468-4200

West Greenwich Police Department

280 Victory Hwy., West Greenwich (401) 397-7191

Westerly Police Department

60 Airport Rd., Westerly (401) 596-2022

West Warwick Police Department

1162 Main St., West Warwick (401) 821-4323

West Warwick Youth Center

40 Factory St., West Warwick (401) 822-9297

Woonsocket Police Department

242 Clinton St., Woonsocket (401) 766-1212