

**Count It! Lock It! Drop It!®**



**Don't Be An Accidental Drug Dealer**

## Count It!

### Monitor Your Rx Meds!

Medicine cabinets have become an unintended source of drugs. Make it a goal to count your pills frequently and check expiration dates.

This will prevent theft and help ensure medications are taken properly.

## Lock It!

### Store Your Rx Drugs Safely!

Lock up medications and store them in a secure place. Protect your loved ones by using lock bags to securely store your prescription medications.

If not used properly, prescription drugs can be as harmful and dangerous as illicit drugs.

## Drop It!

### Dispose of All Unused or Expired Rx Meds!

Take advantage of drop boxes located at all Police Departments, RI State Police or 24-hour CVS Pharmacies to dispose of unused or expired drugs.

**Protect your loved ones by using lock bags and drop boxes!**

**More drug safety information at [www.RIprevention.org](http://www.RIprevention.org)**

## Local Resources



If you or someone you love is going through a mental health or substance use crisis, there is information, there is compassion. There is help.

### BH Link Crisis Center

24 hour hotline and services for those 18 & over.

*Hablamos español*

975 Waterman Ave., East Providence

401.414.LINK (5465)

[www.bhlink.org](http://www.bhlink.org)



For more information on opioid addiction, safe opioid storage/disposal, and local treatment and recovery support services, please visit [PreventOverdose.RI.org](http://PreventOverdose.RI.org)



**Rhode Island Regional Coalitions**  
Prevention and Health Promotion for Life.

[www.RIprevention.org](http://www.RIprevention.org)



## Rhode Island Opioid Overdose Prevention Guide

Safety Advice & Support Services for Patients & Family Members



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## What Are Opioids?



**Opioids** are a type of medicine prescribed by healthcare providers to relieve pain. Some common names include Percocet® (oxycodone and acetaminophen); OxyContin® (oxycodone); and Vicodin® (hydrocodone and acetaminophen). These medications are powerful, highly addictive drugs that have the potential to cause long-term dependence.

**Street Opioids** can contain harmful drugs or chemicals that do not have a taste or smell. These street opioids may sometimes look like prescription opioids, which can make them additionally hard to detect.

**Prevention Works.**

**Addiction is a Disease.**

**Recovery is Possible.**

**Treatment is Available.**

## How to Prevent an Overdose

High doses of opioids can cause slowed or stopped breathing. An overdose occurs when a person's breathing has stopped.

**An overdose can happen to anyone.**

If you're concerned about your own opioid use, talk honestly with your healthcare provider. If you're concerned about a family member or friend's opioid use, urge them to talk with their healthcare provider and get help. **Don't wait.**

- Never share your opioid prescription with anyone. Take medication only if it has been prescribed to you by your healthcare provider. Make sure to tell your provider about all the medications you are taking.
- Do not take more medication or take it more often than instructed. Call your healthcare provider if your pain gets worse.
- Store out of reach of children — one dose can cause an accidental overdose.
- Dispose of unused medications properly by bringing them to a safe disposal site or mix them with used coffee grounds or cat litter.
- Never take pain medications with alcohol, anti-anxiety and sedating medications, or any illicit substances.
- Make sure your family and friends know the signs and symptoms of an overdose.
- Get the overdose reversal medicine, naloxone. Naloxone is available without a prescription from your healthcare provider. In Rhode Island you can get naloxone at your local pharmacy without a prescription and the pharmacist can show you how to use it. To learn more, visit [preventoverdoseri.org/get-naloxone](http://preventoverdoseri.org/get-naloxone).

## How to Respond to an Overdose

Opioid overdose requires immediate medical attention. **Call 9-1-1!**

**Know the Signs and Symptoms of an Overdose:**

- Can't be awakened from sleep or can't speak.
- Breathing is very slow or stopped.
- Pinpoint pupils
- Heartbeat is very slow or stopped.
- Pale, blue or cold skin.
- Face extremely pale or clammy to the touch

**Call 9-1-1**

- Tell the operator the person isn't breathing.
- Give specific street address or accurate description of where the patient is located.

**Support Ventilation (Hands-only CPR)**

**Give Naloxone**

**Stay Until Help Arrives**

Stay with the person until help arrives and **put the person on their side** with their body supported by a bent knee. Watch for continued signs of overdose. Never assume the overdose episode has ended if symptoms improve.

**Don't Be Afraid to Call 9-1-1!**

The Rhode Island Good Samaritan Law ensures legal protections for people who seek medical assistance for individuals who are experiencing a drug overdose.