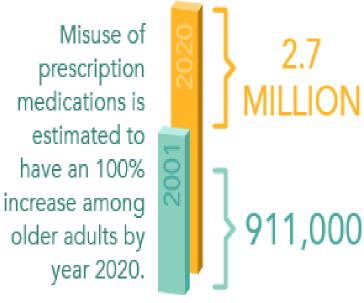
Safe Medicine Use For Seniors

According to the National Institute on Drug Abuse, people 65 and older make up 13% of the American population, yet take 1/3 of all prescription drugs*.

Seniors have a greater chance of having problems with medicines if they:

- Live alone
- Have memory problems
- Get prescriptions from more than one prescriber
- Fill prescriptions at more than one pharmacy (including online/community pharmacies)
- Take 3 or more medicines, including over the counter drugs and herbal/dietary supplements.
 - o This increases the risk for mistakes and drug interactions (when one drug can affect how another drug works)



aplaceformom.com/blog/1-22-2014-quiet-epidemic-senior-drug-abuse/

*National Institute on Drug Abuse. https://www.drugabuse.gov/publications/research-reports/prescriptiondrugs/trends-in-prescription-drug-abuse/older-adults.7.6.2017.

(Turn page over for medicine drop box locations in Wake County.)

Steps to stay SAFE!

- Keep the Carolinas 24 Hour Poison Center help number near or programmed in your phone:
 - 1-800-222-1222
- Make a list of all medications you take.
 - Share this list with your provider at each visit (include vitamins/supplements and over the counter drugs)
- Beware of interactions.
 - Some medications can be harmful when mixed with alcohol, and some food interactions can cause dangerous side effects.
 - When starting a new medication (or vitamin, supplement), ask your provider or pharmacist: "Will this work safely with the medicines I am taking?"
- Read and follow instructions on the labels of your medications.
- Pay attention to side effects.
 - If you notice changes in how feel, think, or act, contact your provider right away.
- Use reminder tools or products.
 - Use daily pillboxes to help track medications.
 - Search for medicine reminder and tracker apps on your smartphone.









919-212-9674



Wake County Area Dropbox Locations Dropboxes do not accept liquids or needles.

• Apex Police Department

205 Saunders Street Raleigh, NC (919) 362-8661 Monday-Friday: 8am-5pm

• Cary Police Department

120 Wilkinson Avenue Cary, NC (919) 469-4012 Monday-Friday: 8am-5pm

• Fuquay-Varina Police Department

114 N. Main Street Fuquay-Varina, NC (919) 552-3191 Open 24/7

Garner Police Department

912 7th Avenue Garner, NC (919) 772-8810 Monday-Friday: 8am-5pm

Holly Park Pharmacy

3058 Wake Forest Road Raleigh, NC (919) 865-9993 Monday-Friday: 8am-5pm Saturday: 10am-1pm

• Holly Springs Police Department

750 Holly Springs Road Holly Springs, NC (919) 557-9111 Open 24/7

Morrisville Police Department

260 C Town Hall Drive Morrisville, NC (919) 463-1600 Monday-Friday: 9am-5pm

Wake County Human Services Building

10 Sunnybrook Road Raleigh, NC (919) 250-4553 Monday-Friday: 8:30am-8pm

Monday-Friday: 8:30am-8pm Saturday: 8:30am-4:30pm

• Wake County Law Enforcement Training Center

2300 Law Enforcement Drive Raleigh, NC (919) 856-6900 Monday-Friday: 8am-5pm

Wake County Sheriff's Office

330 S. Salisbury Street Raleigh, NC (919) 856-6900 Monday-Friday: 8am-5pm

Wake Forest Police Substation

221 S Brooks Street Wake Forest, NC (919) 554-6150 Monday-Friday: 8am-5pm













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