

VNS Home Health Services

SAFETY GUIDE



Fall Prevention



Hand Washing



**Fire/Rescue/
Emergency**

911



**14 Woodruff Avenue, Suite 7
Narragansett, RI 02882-3467**

782-0500 or 1-800-834-3334

Emergency Plan

Out-of-State Contact

Name: _____ City: _____

Telephone (Day) _____ (Evening) _____

Local Contact

Name: _____ City: _____

Telephone (Day) _____ (Evening) _____

Nearest Relative

Name: _____ City: _____

Telephone: (Day) _____ (Evening) _____

Family Work Numbers

Name: _____ Telephone: _____

Name: _____ Telephone: _____

Name: _____ Telephone: _____

Pharmacy

Name: _____ Telephone: _____

Physicians

Name: _____ Telephone: _____

Name: _____ Telephone: _____

Medications

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Serial Numbers of Medical Devices (such as pacemakers)

Type: _____ Serial Number: _____

Type: _____ Serial Number: _____

Type: _____ Serial Number: _____

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INTRODUCTION

VNS encourages patients and family members to be actively involved to promote a safe home environment and enhance recovery. We hope you will use this guide to help all members of your family keep safe.

FALL PREVENTION

- Did you know: 1/3 of community living seniors fall one or more times per year?
- 15 – 20% of those falls result in injury.
- Falls are the 6th leading cause of death for seniors.

Here are some tips to help prevent falls:

- Don't rush to answer the phone or door
- Make sure there is sufficient lighting inside and outside your home. Use night lights or keep a flashlight or light by your bed for additional safety. Avoid glare.
- Wear proper shoes to ensure balance. Avoid socks, slip-on shoes, or high heels.
- Make sure carpeting is well secured and that floor mats have non-skid backing. Don't have rugs on top of rugs.
- Keep cords out of pathways.
- Keep all cabinet doors and drawers closed.
- Make sure furniture is comfortable and sturdy.
- Remove clutter. Avoid newspapers and magazines on the floor next to your chair.

- Be aware of pets, especially around stairs and halls.
- Clean all spills from the floor immediately.
- Avoid powder on the floor. It is slippery.
- Make sure you can easily reach regularly used items. Store items in accessible areas.
- Make sure tub and shower have non-skid strips or surfaces.
- Switch to a hand held shower head.
- Install grab bars for shower, tub, and toilet to add extra safety.
- Consider a shower chair or bench for bathing.
- Install a toilet extension seat to raise the height of the toilet seat.
- If balance is impaired, sit while dressing, shaving, washing or brushing teeth. Consider a reacher.
- Don't get up too fast. Sit on your bed or chair for a moment to get your balance before rising.
- Make sure stairs are well lit and use railings.
- Install light switches at top and bottom of stairs.
- Use non-skid treads on bare stairs.
- Keep outdoor walkways and driveways in good condition and free from obstacles.
- Be cautious of uneven surfaces, such as lawns.

- Make sure outdoor stairs have railings and are free from clutter.
- Make sure outside area is well lit.
- Remove extra leaves or debris.
- Allow adjustment time for vision when moving from dark to light and from light to dark.

PHYSICAL SAFETY

- Have vision and hearing tested regularly.
- Walk or sit with good posture. Avoid sitting in low chairs.
- Use good body mechanics, always lift with a straight back, using your leg muscles. Hold objects close to avoid back injury while lifting.

WALKING AIDS

Check with your doctor about the best type of walking aide for you. If your doctor suggests that you use a cane or a walker to help you walk, please use it! Ideally the cane or walker should give you extra stability when walking and can help you avoid a fall if you become unsteady. Be sure to be properly fit for your cane or walker and follow the instructions for use.

Using a Cane

Using a Cane on Level Surfaces:

1. Hold your cane in the hand opposite your injured/operated/weakest leg.
2. Place the cane forward, then your injured leg, and then your uninjured foot.
(1,2,3 steps)
3. When you feel more confident, you may progress to placing the cane and the injured leg forward at the same time and then following with the opposite leg.

Instructions for Using Stairs – use a rail whenever possible in addition to the cane.

Ascending

1. Place your “good” uninjured/stronger leg up on the step first
2. Then step up with your injured/weaker foot and cane at the same time
3. Continue one step at a time

Descending

1. Place the cane down one step
2. Then place injured/operated leg down the step
3. Then place your “good” uninjured leg down

Walkers and their Use

There are many types and styles of walkers. Standard walkers have no wheels. Rolling walkers have 2, 3 or 4 wheels. Some rolling walkers have brakes. Some walkers can be folded. When opening a folded walker make sure that it is opened completely and the sides are locked in the open position.

Walkers are useful to assist with balance and/or to limit weight bearing when the physician orders limit weight bearing; for example perhaps after a fracture.

To Use a Walker Properly:

Standing from a chair to a walker

- Sit in a chair with armrests if at all possible
- Have walker in front of the chair
- Move forward in your chair
- Get “good” foot or feet underneath you to assist with sit to stand
- Use your hands on the armrests of the chair to assist with pushing up out of the chair
- Once standing, place hands on both sides of the walker
- Maintain any weight bearing limitations that the physician may have instituted

Walking with a Walker

1. Place the walker forward. When placed in the forward position, your arms should feel comfortable and there should be a slight bend at your elbows
2. Advance your operated/injured leg first
3. Advance the second leg up to the first leg (step to gait) or if your therapist directs, advance your second leg ahead of your first leg (step through gait)
4. Make sure that you are within the walker “space” and not too close to the front or back of the walker front or back of the walker. Your body should remain in the walker space
5. Repeat and move the walker forward, then the “ operated/injured leg”, then the unoperated leg,` and then the walker again
6. When turning with the walker, utilize the same sequence as above; walker, then one foot then the next and DO NOT pivot or twist to turn. Advance the walker diagonally to the front and then take two steps, continue until the turn is completed

Occasionally there may be exceptions to the above. Please follow your therapist or doctor’s recommendations and maintain any weight bearing limitations your doctor has given you.

Sitting down in a chair when using a walker

- Back up to the chair using the walker
- Feel the chair on the back of your legs
- If you have a “bad foot”, place that foot in front of the other one
- Reach your arms back for the armrests
- Lower yourself slowly to the chair

VISION TIPS

- Have your vision checked regularly
- Give your eyes time to adjust to light changes; for example when coming inside from the outdoors
- Mark uneven surfaces or height differences with bright colors
- Avoid glare such as from highly waxed floors
- Wear and clean your glasses as directed
- Older eyes have more trouble seeing in the dark - Use night lights

FIRE

- Install smoke detectors on each level of your home. Check them monthly to make sure they are working. If smoke detectors continuously beep, the batteries may be low. You should replace the batteries twice a year when you change your clocks.
- Arrange regular, professional cleaning and maintenance for heating systems and chimneys. Make sure everything is properly vented.
- Install a carbon monoxide detector.
- Call 911 if you suspect a fire.
- In a fire or other emergency, you may need to evacuate on a moment's notice. Be ready to get out fast.
- Locking devices: Be sure your door can be easily activated during an emergency.

- Have a fire escape plan from each room. Make sure you are able to use it. Designate a meeting place outside the home.
- If you have difficulty with movement or a family member may have difficulty finding their way out of the house, notify your fire department of the situation so they are aware ahead of time.
- Keep a flashlight or whistle near your bed to identify yourself to rescuers.
- If you suspect there is a fire, remember to feel a door for heat before opening it. If you plan to leave the room, remember the air closest to the ground contains the least amount of smoke.
- Do not smoke in bed or when oxygen is in use.
- Always make sure smoking materials are extinguished.
- Be cautious with space heaters or wood stoves. Never dry clothes on heaters.
- Do not use flammable materials in the home.
- Store weed killers, pesticides and flammable products away from heat sources.
- Use extra caution while cooking.
- Set timer to remind you of items on stove.
- If you have a fire extinguisher, make sure you are aware of the instructions of its use.
- Keep a fire extinguisher or baking soda within reach. If neither are available, use a large lid to smother fire.
- Do not wear loose clothing around an open flame.

- With gas stoves, make sure flame is off before walking away.
- Make sure your house is properly numbered and that numbers are visible for rescue personnel.

ELECTRICAL SAFETY

- Do not overload outlets.
- Keep all electrical items away from sink, tub and shower areas or anywhere there is water.
- Unplug appliances that are not in use by pulling the plug, not the cord.
- Be cautious with extension cords. Keep them out from under the carpets.
- Use light bulbs with the correct wattage and size.

OXYGEN SAFETY

- Oxygen supports combustion which means:
 - oxygen causes fires or any burning source to burn more rapidly.
 - Any material burning in air will burn more violently in an oxygen enriched atmosphere.
- Using oxygen with a cannula (nose piece) and smoking creates the possibility that the burning tobacco will burn more rapidly, thus creating a fire hazard with the possibility of burning yourself.

- Igniting matches or a lighter in the vicinity of the oxygen source will cause the flame to burn larger and faster, again creating a fire hazard with the possibility of burning yourself.
- Supplemental oxygen is absorbed by clothing, fabrics, bedding materials, etc. and increases the flammability of all these materials.
- All sources of ignition should be at least five (5) feet away from an oxygen source.
- Keep the shut-off switch for oxygen equipment near your bed or chair, so you can get to it quickly if there is a fire.
- Register with your local utility. Patients with oxygen systems and other electrically powered medical equipment should register as “priority” electrical users. Also register with your fire department.

SMOKING

If you smoke, get help to quit. If you or another member of the household continues to smoke, follow these rules:

- Never light up in bed, when drowsy or when oxygen is in use.
- Never leave smoking materials unattended.
- Never throw out smoking materials that are still hot or burning.

BURNS

- Always turn pot handles in toward the center or back of the stove and use a pot holder.
- Be cautious of the temperature of microwave cooked foods.
- Check water temperature. It should be 120 degrees or lower to prevent scalds.
- Have someone else test water temperature if your sensation is impaired.
- Check with your physician before using heating pads.
- Make sure heating pads are in good condition. Use on low settings and avoid continuous use or falling asleep with heating pad on.

FOOD SAFETY

If you have questions regarding food safety, you may call the URI Senior Nutrition Awareness Project at 1-800-595-0929.

- Take care with meat, fish or eggs. Never eat meat or eggs raw.
- Check dates on food and dispose if past expiration date.
- Defrost frozen food in the refrigerator – not on the counter. If defrosted in microwave cook, immediately.
- For faster thawing, place food in a leak-proof plastic bag and submerge in cold tap water. Check to make sure the water stays at or below 40° F. Change the water every half hour to keep it cold.

- Never leave food out for more than 2 hours. (1 hour in temperatures above 90° F) Bacteria grow quickly at room temperature.
- When reheating, bring sauces, soups and gravy to a boil. Heat other leftovers fully to 165° F.
- Microwave leftovers using a lid for complete heating.
- Keep refrigerator setting at 40 degrees or below.
- Use vegetable brush to clean fruits and vegetables. Brush the fruit or vegetable under cold running water. Never use soap.
- Wash food preparation areas and utensils with hot soapy water.

MEDICATION SAFETY

Talk with a health-care provider about how allergies, alcohol, over the counter drugs, vitamins, herb supplements or other remedies might affect prescribed medications.

- If you miss a dose, call your pharmacy.
- Store medicines as instructed.
- Understand how and when medicines should be taken.
- Follow dosage instructions exactly.
- Call a healthcare provider if side effects or new symptoms occur.
- Keep medicines out of reach of children and memory-impaired family members.
- Discuss medications including non-prescription drugs, vitamins, herbal remedies and drug allergies with physicians, nurses and pharmacist.

- Be aware of all side effects of your medications.
- Read precautions of medicine, especially how they mix with food and beverages (especially alcohol).
- Keep medications in their original bottles and in a cool dry place.
- Do not take anyone else's medications.
- Throw away outdated medications.
- Notify pharmacy or physician about errors with prescriptions.
- If you experience any unusual or unexpected symptoms when starting a new medication, please report this to your physician or nurse.
- Never take more or less medicine than prescribed.
- If the nurse pre-fills your medications, do not move them or allow others to move them unless you consult with your nurse.

Keep a current list of medications (prescription and over the counter), allergies, and the names of physicians and nurses in a specific place where they can be easily found.

INFECTION CONTROL

Infection control means taking steps to prevent illness from spreading. Many people receive care at home. These include people:

- recovering from surgery or an illness
- coping with long term illness or condition

Preventing infections can help patients recover more quickly or stay as healthy as possible.

Infections can be spread in different ways. They can be spread:

- to a patient from a caregiver or other source
- to a caregiver from a patient or another source

For infections to spread, all 4 links in the infection chain must be present:

1. A germ – such as a virus, bacterium, fungus or parasite
2. A place for the germ to live and multiply – such as a person, animal, plant, food, soil or water
3. A susceptible host – a person who does not have resistance (immunity) to the germ
4. A way for the germ to enter the host – different germs may require different routes. These include:
 - direct contact – when people touch each other, kiss, have sex, etc.
 - indirect contact – when food, water, feces, bandages or other substances contaminated by the germ enter the host
 - droplets – such as those produced by a sneeze or cough
 - other particles carried in the air

Removing any one of these links breaks the chain of infection.

There are many ways to keep infections from spreading.

Hand washing is the single most important means of preventing the spread of infection.

- Wash your hands with soap and warm water after using the toilet, eating, touching uncooked food, blowing your nose or coughing, and after touching pets or money.
- Wash hands properly:
 1. Use lots of warm, running water and liquid soap to lather hands and wrists. Scrub for at least 15 seconds. Include fingernails.
 2. Rinse well with hands pointing down (to keep water from running up arms). Dry with a clean paper or cloth towel.
 3. Use a paper towel to turn off faucet.
 4. Use a moisturizer for dry skin. (Don't use a petroleum-based product with latex gloves.)
- Dispose of waste that contains blood, including tissues, bandages and other contaminated items by placing them in a plastic bag then sealing the bag, placing into another plastic bag and closing tightly.
- Place sharp items, such as needles and syringes, in a rigid plastic container such as a laundry detergent bottle. Never recap a needle.
- Do not share personal items such as razors, toothbrushes, combs, towels or washcloths.
- Make sure all immunizations are current (such as flu, pneumonia and tetanus).
- Cover open wounds and broken skin.
- Use cleaning and disinfectant supplies carefully.
- Discuss the use of bleach/disinfectants with your professional. Use bleach safely:
 - Be sure there is adequate ventilation.
 - Wear utility gloves.
 - Never mix bleach with other cleaning products – dangerous fumes may result.

- Mix 1 part bleach with 9 parts water (¼ cup bleach to 2¼ c. water, for example).
- Mix a fresh solution each time (it will lose its strength after 24 hours).
- Take care of your cleaning supplies. Toilet brushes, mops and sponges used to clean floors can breed germs. Soak them in bleach and water for 5 minutes after each use.
- Make sure kitchen and bathroom sponges and mops are used separately.
- Properly dispose of household trash and place outside your home.
- Make sure your home has good ventilation.
- Try to use liquid soap instead of bar soap if possible.

TEMPERATURE EXTREMES

- Keep inside temperature above 65 degrees. Exposure to cold may cause your temperature to drop, leading to dizziness.
- In hot weather, drink plenty of water unless restricted by your doctor and avoid alcohol. Wear cool light clothing. Use fans or air conditioning if possible.
- In cold weather, dress warmly and avoid alcohol. It will make you lose heat faster.

TIPS TO MANAGE URINARY INCONTINENCE

Remain Hydrated

- Fluids are needed to decrease irritation of the urethra and bladder and decrease the concentration of the urine
- Limit the amount of fluids prior to leaving the house to prevent accidents
- Limit fluids at night prior to going to bed (2-4 hours prior to bedtime) if nighttime urination is problematic
- Limit the use of caffeinated beverages (such as soda, tea, and coffee) and alcoholic beverages- these act as diuretics and may trigger an urge to urinate. Appropriate choices for beverages would include water, fruit water, grape juice, cherry juice, and apple juice. If you choose to eliminate products containing caffeine, do so slowly over a period of several weeks as strong headaches may result from abruptly discontinuing caffeine.

Avoid Constipation

- Constipation may cause local nerve endings to overact causing leakage of urine
- Diet should include appropriate fiber rich foods and fluids. Examples of foods rich in fiber include fresh non citrus fruit, raw carrots, broccoli, and zucchini, whole grains, bulgar wheat, oatmeal, kidney and garbanzo beans, dried peas and lentils. It is very important to consume plenty of fluids when you increase fiber intake. Some pre existing medical conditions will require dietary restrictions. Please be sure to discuss any dietary changes with your healthcare provider prior to instituting the change.
- The valsalva maneuver (the bearing down) one performs in order to have a bowel movement may lead to incontinence. Your healthcare provider can teach you an exercise regime to strengthen your pelvic floor muscles.

Manage Urinary Tract Infections (UTI)

- Be aware that an episode of urinary incontinence may be the only sign of UTI
- Other signs of UTI may include frequent urination, burning or painful urination, concentrated urine, urine with a foul smelling odor
- If you develop signs and symptoms of a UTI please consult your healthcare provider.

Certain Foods/ Irritants may Promote Incontinence

- Carbonated drinks such as seltzers and sodas should be avoided.
- Artificial sweeteners such as sodium saccharine, aspartame, and acesulfame K have been shown in studies to decrease bladder function thus leading to incontinence.
- Acidic foods such as tomatoes and citrus along with spicy foods and sharp cheeses are considered bladder irritants and have been linked to incontinence.
- The chemicals in cigarettes have been found to be associated with incontinence. Speak with your healthcare provider to develop a smoking cessation plan.

Utilize Protective Clothing

- Absorbent undergarments are available in both reusable and disposable forms at local pharmacies. There are brands which are more appropriate for use by men, and some brands that are appropriate for use by women or men. It is important to find the brand which fits your needs the best and initially you may need to experiment with several brands.
- Light days or mini-pads are not appropriate choices to manage incontinence since they lack the ability to absorb more than a few drops of urine.

Have a schedule for toileting

- Plan to use the toilet every 2 1/2-3 hours.
- Consider use of a bedpan, commode or urinal if mobility is a problem.
- Wear clothes that are easily removed for toileting.
- Empty your bladder fully when you urinate. If you feel like there could still be urine left in your bladder after urinating stand up and sit back down again and lean forward slightly over your knees. This may help you empty your bladder.
- Your healthcare provider can assist you to begin a bladder diary. You will need to keep track of how much fluid you are drinking, when you are voiding, and when you are incontinent. This information will be useful in developing a plan of care to help you successfully manage your incontinence.

Know the side effects of your medications

- Discuss your medications with your healthcare provider. Make sure to inform them of all prescription and non prescription medications you may be taking. Certain drugs have the possible side effect of incontinence or bladder irritation.

Make a schedule for the best times for taking your medications.

KEEPING KIDS SAFE

Fire:

- Smoke alarms should be installed on every level of your home especially near sleeping areas.
- Test your smoke alarm once a month and replace batteries twice a year.
- Your children should know what to do when they hear the smoke alarm.
- Your family should have a fire escape plan and a meeting area.
- Practice this fire escape plan with your children.

Poison:

- Store or lock up medicines and household products where children cannot see or reach them.
- Use child resistant packaging.
- Store poisons in their original containers.
- Have the regional poison control number by your phones. 1-800-222-1222 or TTY 1-888-244-5313
- Do not call medicine by other names such as “candy”. Teach children proper names of medications, poisons or household cleaners.
- Place safety latches on cabinets, drawers, toilet bowls and oven knobs.

Cars:

- Purchase the appropriate car seat for your child's age and weight.
- Have your car seat properly installed by the police department.
- Teach your child to wear seat belts and practice this as a family.
- Any child under 12 years of age should not ride in the front seat due to potential for severe injury or death from the airbag if deployed during an accident.

Bedding

- Never place infants on their tummies to sleep. Infants *must* sleep on a flat firm surface. NEVER on a waterbed, sofa or soft mattress or pillow.
- Remove pillows, quilts, comforters, sheepskins and pillow-like stuffed toys and other soft items from the infant's crib.
- Use sleeper pajamas which are flame retardant and fitted close to skin.

Toys:

- Your child should have toys appropriate and safe for his/her age.
- To make sure toys are safe to play with, check for: sharp edges, points, small parts they can swallow, cords or strings, toxic paint they can chew off.

Windows:

- Have all window or blind cords properly secured and out of reach of small babies and children.
- Window sills should be free from chipping, peeling and lead paint.

- Place screen protectors in all your windows so small children or toddlers can not fall out of the window.

Childproofing/Child Safety

- Do not leave hot liquids on surfaces where children can reach them.
- Do not leave plastic bags from grocery shopping or dry cleaning accessible to small children
- Use mylar balloons instead of latex to avoid choking
- Block stairways with security gates to prevent falls
- Remember to have grandparents and relatives childproof their homes!!!
- Your child should wear a safety helmet when riding a bike, skateboarding, roller skating or roller blading.

EMERGENCY PRECAUTIONS

- Have emergency numbers posted by all phones. These should include 911, poison control, and physician numbers. If someone experiences severe breathing difficulty, unrelieved chest pain, a large amount of bleeding, a fall with suspected injury, severe burn or other situation that you feel requires emergency intervention, call **911** immediately.
- Ask about special assistance that may be available to you in an emergency. Many communities ask people with a disability to register, usually with the local fire department or emergency management office, so needed help can be provided quickly in an emergency.
- If you currently use a personal care attendant obtained from an agency, check to see if the agency has special provisions for emergencies (e.g. providing services at another location should an evacuation be ordered).
- Notify physician or nurse of any change in your physical condition.
- Prepare an emergency kit in case of power outage.
- Have relatives or friends check in with you periodically.
- Have an emergency contact noted on the VNS Home Health Services record, preferably someone who does not live with you.
- Review all emergency precautions with your primary professional/case manager on admission and as necessary throughout your course of care.

Please note that the staff of VNS Home Health Services are always concerned for your safety! If you need to relocate for any reason, please inform VNSHHS of your location. **If you have any questions regarding the information contained in the VNS Home Health Services Safety Guide, please call 782-0500 or 1-800-834-3334.**

NATURAL DISASTER PLANNING

“Be Prepared”

Emergency Plan

In the Northeast, a natural disaster, such as a hurricane, blizzard, flood or extended power failure, may occur at any time. Listen or watch local news for information about evacuations and shelters. The American Red Cross can be reached at 1-800-842-1122 for more information. A list of shelters is provided for you in the back of this book. If you need to evacuate your home, be sure to carry all necessary items.

Necessary items to include in an evacuation

- Medications with physician’s directions.
- Clothing.
- Food, especially for special diets.
- Bedding.
- Personal items.
- Special medical equipment.
- Medical records (if applicable).

Have an emergency kit prepared in the case of a power outage when evacuation is not an immediate option.

This emergency kit should include:

- Flashlights and/or candles, matches, batteries.
- A battery powered radio or television.
- Dried foods, canned foods, can opener, bottled water.
- Coolers that can be filled with ice to store medication.

- Blankets, warm clothing.
- A list including: the name of your physician, VNS primary professional/case manager, as well as all medications you are taking.
- Cash for necessities.

If it appears that a hurricane may strike, it may be a good idea to fill the bathtub with water. You should also turn your refrigerator and freezer to coldest settings in case of a power outage.

EMERGENCY SHELTERS – Washington County

Block Island

Block Island Medical Center
Block Island School

Charlestown

Charlestown Elementary School
Rte. 112 @ Carolina Back Rd.
Hopkinton, RI

East Greenwich

East Greenwich High School
Avenger Drive
(Hurricane Evacuation Shelter)

Swift Gymnasium
111 Pierce St.

Exeter/West Greenwich

Exeter-West Greenwich Jr.-Sr.
High School
930 Nooseneck Hill Rd.
West Greenwich, RI

Jamestown

Jamestown Elementary School
55 Lawn Ave.

Kingston

URI – Kingston Campus
177 Plains Rd.
(Hurricane Evacuation Shelter)

Narragansett

Narragansett Pier School
South Pier Rd.
(Hurricane Evacuation Shelter)

North Kingstown

Wickford Middle School
250 Tower Hill Rd.
(Hurricane Evacuation Shelter)

Davisville Middle School
200 School St.

Richmond

Chariho Middle/High School
455 B Switch Rd.
(Hurricane Evacuation Shelter)

Chariho Senior High School
453 Switch Rd.

South Kingstown

Broad Rock Middle School
315 Broad Rock Rd.
(Hurricane Evacuation Shelter)

Curtis Corner Middle School
301 Curtis Corner Rd.
(Hurricane Evacuation Shelter)

South Kingstown (continued)

South Kingstown Senior High School
215 Columbia St.
(Hurricane Evacuation Shelter)

Westerly

Babcock Middle School
15 Highland Ave.

Bradford Elementary School
7 Church St.

Dunn's Corner School
8 Plateau Rd.

Westerly (continued)

Spring Brook Elementary School
39 Spring Brook Rd.
(Hurricane Evacuation Shelter)

State Street School
25 State St.

Tower Street School
93 Tower St.

*Information and additional shelter locations are being updated continuously.
Please check with the RI Red Cross for most current listings. Call 831-7700.*

OTHER SHELTER LISTS

Barrington

Barrington High School
Barrington Middle School
Primrose Hill School*
Sowams Elementary School

Burriville

Burriville Middle School
Steere Farm Elementary School

Central Falls

Captain G. Harold Hunt School
Central Falls Jr.-Sr. High School
Dr. Earl F. Calcutt Middle School
Veteran's Memorial Elem. School

Coventry

Coventry Senior Center
Coventry Senior High School

Cranston

Cranston Senior High School
Edgewood Highlands School
Parkview Junior High School
Western Hills Junior High School

Cumberland

Cumberland Middle School
North Cumberland Middle School

East Providence

East Providence High School*
Martin Junior High School
Riverside Junior High School*

Foster

Foster Center Vol. Fire Dept.
Moosup Valley Vol. Fire Dept.
South Foster Vol. Fire Dept.

Glocester

Fogerty Memorial School
Ponaganset High School

Johnston

Johnston Sr. High School

Lincoln

CCRI – Flanagan Campus*
Lincoln Housing Authority
Lincoln Jr.-Sr. High School
Manville Manor

Little Compton

McMahon School Auditorium

Middletown

Joseph H. Gaudette Middle School*
Middletown High School*

Newport

Newport County Career Technical School
Sheffield Elementary School
Thompson Middle School

North Providence

North Providence High School
North Providence Senior Center

North Smithfield

North Smithfield Municipal Annex

Pawtucket

Curvin McCabe Elementary School*

E. Baldwin Elementary School*

F.J. Varieur Elementary School*

Jenks Junior High School*

Nathaniel Greene Elem. School*

Portsmouth

Portsmouth High School*

Portsmouth Middle School

Providence

Alfred Lima Elementary School*

B. Jae Clanton School*

Bridgeham Middle School

Central High School

Classical High School

George J. West School

Gilbert Stuart School

Hope High School*

Martin Luther King School

Mt. Pleasant High School

Nathan Bishop School

Nathaniel Greene High School

Neutaconkanut Recreation Center

Oliver Hazard Perry School

Park View Junior High School

Pleasant View School

Robert F. Kennedy School

Roger Williams School

Springfield Middle School*

Scituate

Chopmist Hill Fire Dept.

Potterville Fire Dept.

Smithfield

Gallagher Middle School

Old County Rd. Elementary School

R.C. LaPerch Elementary School

Smithfield High School

Tiverton

Tiverton Middle School*

Warren

Hugh Cole School

Kickemuit Middle School

Warwick

CCRI – Knight Campus*

Pilgrim High School*

Warwick Veterans Memorial High*

Winham Jr. High School*

West Warwick

West Warwick High School

West Warwick Senior Center

Woonsocket

Woonsocket High School

Woonsocket Middle School

* Denotes Hurricane Evacuation Shelter

For your information.....



is a free phone and website resource for seniors, adults with disabilities,

and their caregivers. THE POINT'S trained professional staff can help you with answers

to questions about:

- Health insurance
- Paying for prescriptions
- Transportation
- Housing
- Assisted living
- Finding employment
- And more...

Call toll free in Rhode Island.

401-462-4444 (voice)

401-462-4445 (TTY)

www.ThePointRI.org

Monday, Wednesday, Friday: 8:30 AM – 4:00 PM

Tuesday, Thursday: 8:30 AM – 8:00 PM

Saturday: 8:30 AM – 12:00 PM