

Are you taking your medicines safely?



The older we get, the more health concerns we have, the more doctors we see, and the more medicines we need.



More medicines can mean more mistakes and more interactions.



"Side effects" are one kind of "adverse drug event."



What would you do if you accidentally took the wrong medicine, took too much medicine, or if one of your grandchildren got into your medicine?



Medicine can also be a patch, powder, cream, drop, spray, injectable liquid, or a liquid you're supposed to swallow.



Types of Medicine



**Prescription medicines are
prescribed by your doctors**



**Over-the-counter (OTC)
medicine
(No prescription needed)**

Any substance can be poisonous if it is used by the wrong person, in the wrong way, or in the wrong amount.



Medicines can be poisonous if taken in a way other than as directed on the label, or if you take a medicine that isn't right for you.



#1: PARTICIPATE. It's *your* health.



#2: READ & FOLLOW THE LABEL.



#3: WRITE YOUR MEDS DOWN.



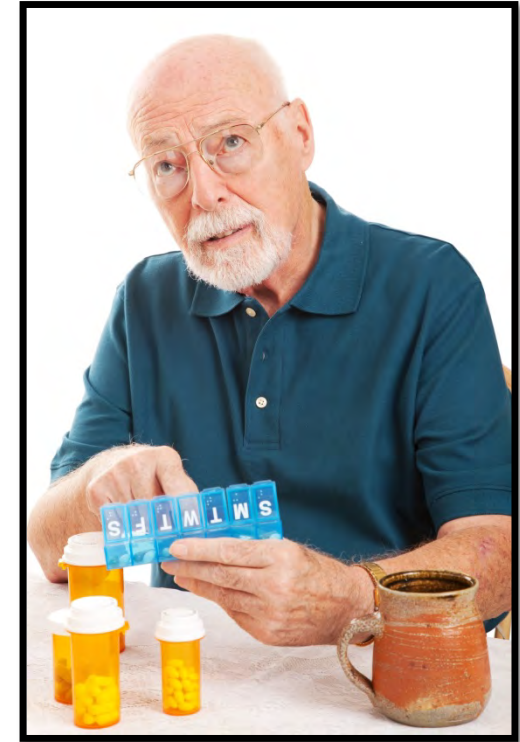
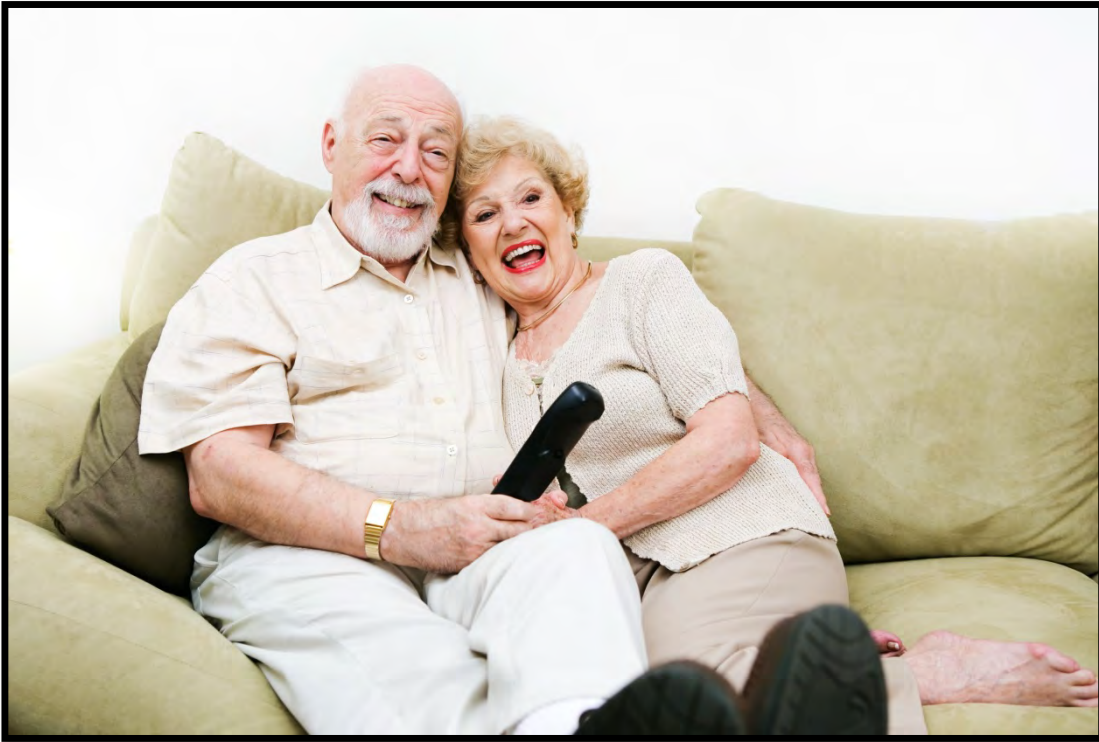
#4: KEEP MEDICINE UP, AWAY & OUT OF SIGHT.



#5: BE PREPARED: KNOW WHO TO CALL.



Meet Judy and Ron.



Judy and Ron's grandson gets into Judy's medicine.



Judy can't remember all of her medicines, and her doctor just prescribed her a new one. None of them are written down.



Judy (and you) can use a medicine tracker to keep a list of *all* of your medicines.

••••• MEDICATION LIST

UPSTATE
NEW YORK
POISON CENTER
1-800-222-1222

Name/Birthday: _____

Address: _____

Pharmacy/#: _____

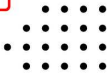
Primary Care Doctor/#: _____

Emergency Contact/#: _____

Allergies: _____

MEDICATION	DOSAGE	FREQUENCY

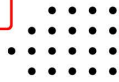
In case of a medication mix-up or questions, call us at 1-800-222-1222



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Don't forget that ALL over-the-counter medicines have a "Drug Facts" label.

DO NOT USE IF PRINTED SEAL UNDER CAP IS BROKEN OR MISSING



Drug Facts

Active ingredient (in each tablet)

Aspirin 325 mg (NSAID*).....Pain reliever/fever reducer
*nonsteroidal anti-inflammatory drug

Purposes

Uses

- temporarily relieves
- headache
 - muscle pain
 - toothache
 - menstrual pain
 - pain and fever of colds
 - minor pain of arthritis



Warnings

Reye's syndrome: Children and teenagers who have or are recovering from chicken pox or flu-like symptoms should not use this product. When using this product, if changes in behavior with nausea and vomiting occur, consult a doctor because these symptoms could be an early sign of Reye's syndrome, a rare but serious illness.

Allergy alert: Aspirin may cause a severe allergic reaction which may include:

- hives
- facial swelling
- asthma (wheezing)
- shock

Stomach bleeding warning: This product contains an NSAID, which may cause severe stomach bleeding. The chance is higher if you

- are age 60 or older
- have had stomach ulcers or bleeding problems
- take a blood thinning (anticoagulant) or steroid drug
- take other drugs containing prescription or nonprescription NSAIDs (aspirin, ibuprofen, naproxen, or others)
- take more or for a longer time than directed
- have 3 or more alcoholic drinks every day while using this product

Do not use if you have ever had an allergic reaction to any other pain reliever/fever reducer

Ask a doctor before use if

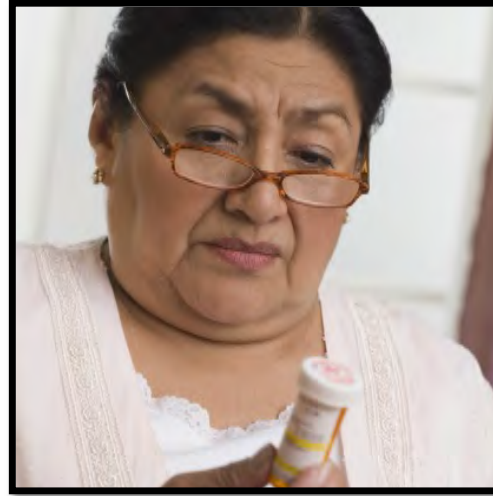
- you have asthma
- stomach bleeding warning applies to you
- you are taking a diuretic
- you have a history of stomach problems, such as heartburn
- you have high blood pressure, heart disease, liver cirrhosis, or kidney disease

PEEL BACK HERE ▶

5 things to remember:



#1: PARTICIPATE.



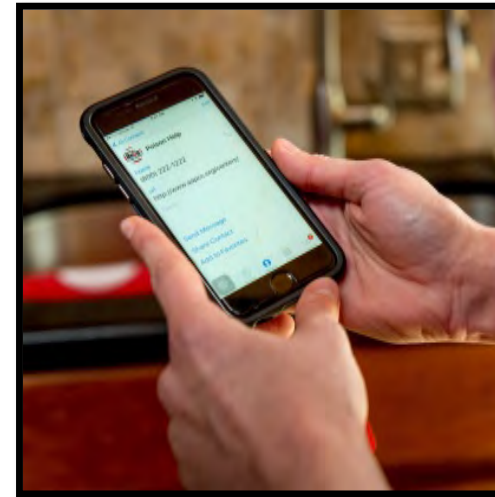
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