

# What you DON` T know CAN hurt you!!!

Do you take many different prescriptions? Or do you just sometimes use an over-the-counter medication? Whatever your situation is, you need to say safe. These medication safety tips are a good place to start.

## Dos

### 5 Drug DOs...

- DO take each medication exactly as it has been prescribed.
- DO make sure that all your doctors know about all your medications.
- DO let your doctors know about any other over-the-counter medications, vitamins, supplements or herbs that you use.
- DO try to use the same pharmacy to fill all your prescriptions, so that they can help you keep track of everything you're taking.
- DO keep medications out of the reach of children.
- DO ask about side effects - and what to do if they occur
- Do ask about how to store the medicine.
- Do ask pharmacist how to measure your liquid medicine.
- Do make sure you understand EVERYTHING on your medicine label.

# Don'ts

## 5 Drug DON'Ts...

- DON'T change your medication dose or schedule without talking with your doctor.
- DON'T use medication prescribed for someone else.
- DON'T crush or break pills unless your doctor instructs you to do so.
- DON'T use medication that has passed its expiration date.
- DON'T store your medications in locations that are either too hot or too cold. For example, the bathroom cabinet may not be the best place for your medication.