

# HOW TO PRACTICE MEDICATION SAFETY

While medicine (prescribed and over-the-counter) is meant to treat, manage or relieve your condition, it must be taken safely. Learn how you can practice medication safety below

1.

## Learn how to store your medicine to make sure it works properly by reading the label.

Does your medication need to be stored somewhere cool? Does it need to be refrigerated? In a dry place? Away from direct light? Always store away from children.



## Take medication as directed by health care provider.

Learn if you need to take it with food or water, the time it needs to be taken, and how often. More medication doesn't always mean more benefits, only take as instructed. Always consult with your health care provider before stopping any medication.

2.

3.

## Keep a list of all your medications and supplements.

Save your list on your phone or as a physical copy. Make sure it is up-to-date and includes any recent changes.



## Be aware of any side effects and take note of them.

Share what happened and when it happened with your doctor. For serious or life-threatening side-effects, please contact your health care provider or dial 911.

4.

5.

## Safely dispose of any unused medications and do not share medications with others.

Contact your local fire or police department to dispose any unused or expired medications, or visit [cdc.gov](https://www.cdc.gov) for safe storage and disposal tips.



**\*Bonus Tip** - First consult with your doctor for personalized medical advice on prescription medications, over-the-counter drugs or supplements.

This resource was adapted from a Rockford Ready "Ask Your Local Pharmacist" video. Scan the QR to view the full "Ask Your Local Pharmacist" playlist.

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