



## Take Medicine Safely



Prescription and over-the-counter (OTC) medicines account for more poisonings in the U.S. than any other substance.

Seniors are at a special risk for poisoning. As we age, we may need more medicines. Keeping track of all medicines we take can be confusing. And it's harder to read the small print on medicine labels.

### **SAFETY TIPS from the Blue Ridge Poison Center:**

- **DON'T GUESS...BE SURE** - Read and follow all label instructions exactly, every time you take medicine.
- **AVOID MISTAKES** - Turn on the lights before taking medicine. Put on your glasses if you need them to read.
- **MAKE A PLAN** - Ask your pharmacist, doctor, or nurse to help you organize and keep track of all your prescription and OTC medicines.
- **PREVENT AN OVERDOSE** - Check the label for the "active ingredients." Don't take more than one medicine at the same time if they have the same active ingredients, unless your doctor approves.
- **TELL YOUR DOCTOR** about all the medicines you take, including OTC products and supplements, to avoid interactions or side effects.
- **PROTECT YOUR LOVED ONES** - Keep all medicines and products locked up out of the reach and sight of children.



Need help? Call the **Blue Ridge Poison Center** .  
Specially trained nurses will tell you what to do.  
24 hours a day, every day. Free and confidential.  
**1-800-222-1222**



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