

## Medicine Safety Guide

For each medicine you take (including vitamins and herbal supplements) you should know:

- Name of medicine
- Why you take it
- Amount to take
- Time to take
- Take with or without food or water
- Food, drugs or alcohol to avoid
- Possible side effects
- What to do if side effects occur



Ask your healthcare provider about keeping a medication record. Keep it where someone can find it



## How Can I Prevent Poisonings?

- **Keep medicines in their original labeled packages.**

- **Listen as your healthcare provider explains** how each new medication can affect others you are taking. Ask to have it written down to refer to later.



- **Try to always use the same pharmacy to fill prescriptions.**

- **Re-read the label** each time before you take any medicine. Be sure you have good lighting and glasses, if you need them.



- **Mistakes happen.** If you think you took your medicine twice or took the wrong medication, the Poison Center can help.

- **Keep the Poison Center number near your phone: 1-800-222-1222.**



- **Do not wait** for yourself or another person to look or feel sick. Call the Poison Center right away if you are concerned.

- **Keep medicines out of reach of children.** If kids visit your home or you visit theirs, keep your purse and bags out of reach. Keep in mind: child-resistant containers are not childproof.

- **Read and follow the labels of household and garden products** before using them.



- **Mr. Yuk stickers are not just for kids.** Put the stickers on poisonous and unsafe products to keep the

Poison Center phone number handy, and as a reminder to be careful.



Call the **Washington Poison Center** for free and confidential expert poison information 24 hours a day, 7 days a week.

\*((\$30 credit card fee applies for calls about animals)

**1-800-222-1222**

## Am I at Risk for Poisoning?

### Older adults are at a higher risk for problems:

- Taking more medications increases the risk of drug or food interactions.
- You may be taking drugs with similar side effects. Used alone most drugs do not cause harm; used together you might have a toxic reaction.
- Over the counter medicines, including vitamins and herbal supplements, may cause side effects when used with prescription drugs or some foods.



## Poison First Aid

This first aid information does not take the place of expert advice. Always call the Poison Center right away.

### Inhaled Poison

Get to fresh air right away and avoid fumes. Open doors and windows wide.

### Poison on the Skin

Take off clothing the poison touched. Rinse skin with running water. Wash off with soap and water.

### Poison in the Eye

Run lukewarm tap water over eye for 10 min. Do not force the eyelid open.

### Swallowed Poison

Do not make the person vomit, drink or eat unless told by a poison expert.

### Be Prepared

Keep *Syrup of Ipecac* (a drug that makes you vomit) at home. **Always** call the Poison Center before using.

### Follow the WAPC online:

www.wapc.org  
Facebook: MrYukWa  
Twitter: MRYUKWA

### Poison Help & Information:

**1-800-222-1222**

Language Line available for non-English speakers

TTY relay: 7-1-1



The Washington Poison Center is a 501(c)(3) nonprofit organization, EIN 94-321459.

[www.wapc.org](http://www.wapc.org)

## PREVENTION & TREATMENT GUIDE

### Older Adults

# Did you know...

...the average

# Senior is taking

# 7 medications

# Daily

# ?



WASHINGTON  
POISON  
CENTER   
1-800-222-1222