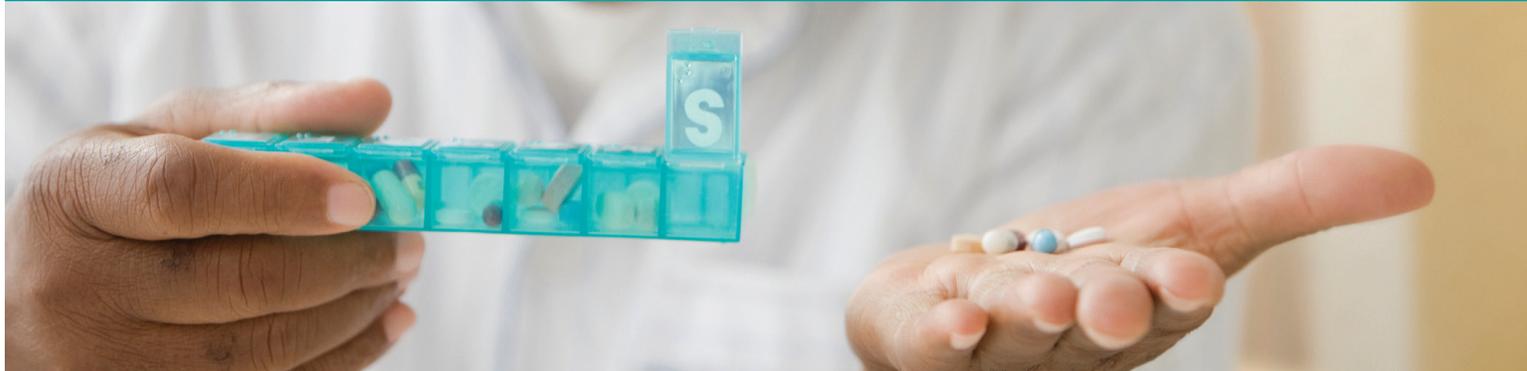


# Medicine Safety



## What Is Medicine Safety?

Medicine safety means taking the right medicine at the right dose and time. To practice medicine safety:

- Take medicines as prescribed.
- **Do not** share your medicines with others.
- Store medicines properly and out of children's reach. Check with your health care provider or pharmacist for storage guidance for each medicine.
- Carefully dispose of unneeded or expired medicine.

For safe disposal tips, visit [dec.ny.gov](https://dec.ny.gov) and search for **Safe Medication Disposal for Households**.

## Taking Medicine

Before starting medicine, ask your provider about:

- The medicine's generic and brand names
- The medicine's purpose, including benefits
- How to take and store the medicine
- Possible side effects or interactions with other medicines, herbal products, supplements, certain foods or alcohol



Fill your prescriptions at one pharmacy or provide the pharmacy with your most recent medicine list so the pharmacist can help you avoid harmful interactions.

## Safety Tips



### Older Adults

- Turn on lights and wear glasses, if needed, when taking or giving medicine.
- Use a pill box to divide medicines into daily and weekly doses, and keep the box in a secure location.
- Know your medicine's side effects. Some medicines may cause drowsiness or dizziness, increasing the risk of falls.
- Check with your provider, pharmacist or the NYC Poison Control Center before taking any medicines together, or if you are experiencing side effects.



## Children

- Only give children medicines intended for them.
- Do not call medicine “candy.” Children need to know the difference.
- Use the dropper, syringe or cup (**never** use a kitchen spoon) that comes with the medicine to make sure children get the correct dose. For nonprescription medicines, check the label to find the correct dose by child’s weight.
- Keep all medicines closed properly, secure and out of children’s reach, and use child-resistant containers whenever possible.
- Teach children to take medicine **only** from trusted adults.

## Keeping Track

Anyone taking or giving medicines should use a medicine list and log.



A medicine list shows all medicines with refill times. Review it regularly with your provider and pharmacist.



A medicine log tracks doses. Post the log where family and caregivers can see it.

For a sample list and log, visit [nyc.gov/health](https://nyc.gov/health) and search for **medicine safety**.

## More Information

- ✓ Call the **NYC Poison Control Center** at 212-POISONS (212-764-7667) – 24 hours a day, seven days a week – to talk to pharmacists and nurses about any poisoning exposures or questions about medicine dosing side effects or interactions. All calls are free and confidential, and include interpretation services.
- ✓ Visit [nyc.gov/health](https://nyc.gov/health) and search for **poison prevention** to find more tips and resources.
- ✓ Visit [fda.gov](https://fda.gov) and search for **Medicines in My Home** to learn about over-the-counter Drug Facts labels.

## Resources

Connect



@nychealthy



nychealth



@nychealthy



nychealth



nyc health

[Learn More](#)

Visit [nyc.gov/health](https://nyc.gov/health) and search for **medicine safety**.

[Receive the Latest Health Bulletins](#)

Email [healthbulletins@health.nyc.gov](mailto:healthbulletins@health.nyc.gov).



Visit [nyc.gov/health/pubs](https://nyc.gov/health/pubs) for additional languages of this Health Bulletin and other translated health materials. You have the right to services in your language. These services are free at all New York City Health Department offices and clinics.