

Medication Safety



Whether its allergies, cold and flu season, or a migraine that just won't quit, over-the-counter and prescription medications are used every day. We use medications so frequently that it is easy to forget that they can be poisonous if taken in the wrong amount or by the wrong person. The best way to prevent poisonings is to **BE AWARE!**



Safe practices:

- Keep medications in their original labeled package
- Always give or take medication with the light on so you can see what you are taking
- Keep an up-to-date written record of all the medications you are taking
- Read the label and check the dose each time you take a medication
- Tell your doctor or pharmacist if you are taking any other medication, vitamin, or supplement
- Use the same pharmacy for all your prescriptions
- Don't mix medication with alcohol

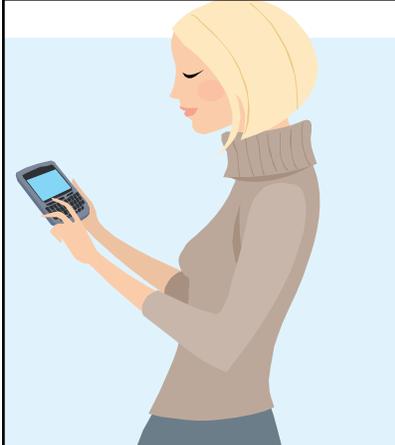


Keeping children safe:

- Keep medication out of reach of children
- Assign only one person to give medication
- Keep medication in child-resistant packaging
- Use child-resistant packaging, but also be aware that there is no such thing as child-**proof**. Children will be slowed temporarily, but they will get into these containers if given enough time
- Never refer to medicine as candy
- Children love to dig in pockets and purses, and these are common places that poisons are found
- Know the proper first aid for poisonings
- Keep the Poison Centre number close by the telephone just in case



If you suspect a poisoning has occurred, contact the Poison Centre immediately by dialing 1-800-565-8161
In case of emergency, dial **911**



Talk to your doctor or pharmacist:

- About any allergies or sensitivities you might have
- If you have difficulty swallowing pills
- If your medication is causing you pain or making you feel ill
- If you are having difficulty keeping track of when/whether you took your dose of medication. Alternate packaging options are available to make this easier
- Be sure to mention if you are pregnant, breastfeeding, or planning to have a baby
- Make sure you understand what it is you are taking, what it does, and ask about potential side effects or harmful interactions the drug might have.
- Find out what to do if you miss a dose, and don't change your dose without checking with your doctor first
- Before you consider taking additional medications or supplements. For example, many cough and cold medications have duplicate ingredients as other pain relievers and can cause overdose
- When getting your prescription refilled, look at the size, shape and colour of the pills. If they look different, ask why
- Bring old and expired medications to the pharmacy for proper disposal

If you think you or someone else is having a drug interaction or has been poisoned, call the Poison Centre right away.

Do not wait for symptoms to appear.



If you have any questions, contact the Poison Centre 24 hours a day by dialing 1-800-565-8161