



Medicine Safety

Pregnant Women & Nursing Mothers

If you are pregnant, medicine can pass from you to your unborn baby. If you are breast feeding, medicine can also pass into breast milk. If you are pregnant or breast feeding, talk to your doctor, pharmacist, or the Poison Center before taking any medicine.

Iron Poisoning

Iron is a mineral needed for good health. Too much iron can be unsafe—even deadly! Keep vitamins and other products with iron out of the reach and sight of children. Always keep them in a locked cabinet.

IN A POISONING
EMERGENCY, CALL
24-HOURS A DAY,
7 DAYS A WEEK:

1-800-222-1222

Teletype for the
deaf and hearing
Impaired only:

TDD 404-616-9287

Medicine can help you when you are sick or hurt. Medicines can even save your life. Prescription and over-the-counter medicines can be poisonous if you take too much or use them the wrong way.

Medicine Safety

Help keep your family safe by following the safety tips below. Use the Medicine Safety Checklist to make sure you give and take medicines safely!

1. Store Medicine Safely

- Keep medicines and vitamins in bottles with child-safety caps. Remember, child-safety caps are not child proof! Make sure the safety caps are on tight at all times.
- Store medicine and vitamins in locked cabinets out of the reach and sight of children.
- After each use, place the safety cap back onto the bottle tightly, and return the bottle to a locked cabinet.
- Do not flush expired or leftover medicines down the toilet. Call the Poison Center at 1-800-222-1222 to get the correct disposal information.

2. Use Medicines Safely

- Follow your doctor or pharmacist's instructions. Always take the right amount of medicine at the right time. If you have any questions, call your doctor, pharmacist or the Poison Center.
- Always read the label-check for your name, name of medicine, amount to take, and how often to take.
- Taking medicine with some foods, alcohol, or other medicines can be harmful. Talk to your doctor or pharmacists.
- Only take medicine that belongs to you. Do not share your medicine with anyone else.
- Do not take or give medicine in the dark, or while you are sleepy. If you wear glasses, always put them on first.

3. Know What to do in a Poison Emergency

- Keep the phone number of the Poison Center on or near your phones.
- If you think someone has been poisoned, call the Poison Center right away! Do not wait for the victim to look or feel sick!

Children and Medicine

- When you give liquid medicine to your child, use a medicine spoon, dropper or syringe. Do not use kitchen spoons.
- Before you give your child medicine, read the label and follow. If you have any questions, call your doctor, pharmacist or the Poison Center.
- Always check the label for the correct dosage for your child's age.
- Know the difference between dosing amounts. For example, a tablespoon (tbsp.) is not the same as a teaspoon (tsp.).
- Never call medicine candy! Your child may take a medicine, thinking it is candy.
- Never give your child someone else's medicine.
- If your child throws up or spills some medicine, do not give your child extra medicine. This could cause an overdose. Instead, call your doctor, pharmacist, or the Poison Center.

Medicine Safety Checklist

1. Name of medicine? _____
2. Who is the medicine for? _____
3. Taking for what? _____
4. Amount to take or give? _____
5. Take how? _____
Take when? _____
6. Take for how long? _____
7. Foods to avoid? _____
8. Drinks to avoid? _____
9. Other medicine to avoid? _____
10. Activities to avoid? _____
11. Other things to avoid? _____
12. Are there any side effects and what to do? _____
13. Other information about the medicine? _____
14. Doctors Name: _____
15. Doctors Phone #: _____

