



## IF A POISONING HAPPENS:

We are here to assist you or a loved one during any poison emergency or to provide poison-related information.

Call the Upstate New York Poison Center at **1-800-222-1222**.

A specialist in poison information will ask you questions, including:

- age and weight of person
- name of medicine product
- amount involved
- time of poisoning
- any symptoms

Our specialist in poison information will give you advice about what to do next.

FAST • FREE • CONFIDENTIAL

**UPSTATE** NEW YORK  
**POISON CENTER**

## Did You Know?

- We are open **24/7/365**.
- Specially trained registered nurses, pharmacists and physicians answer your call.
- All calls are free and confidential.
- You can call us with a question or for general poison prevention information.
- Save our number, **1-800-222-1222**, in your cell phone and have it posted in your home.



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# Medicine Safety

**UPSTATE** NEW YORK  
**POISON CENTER**

**UPSTATE**  
MEDICAL UNIVERSITY





Medicine can help you if you are sick. But if you take/give too much medicine or take/ give the wrong medicine, it can be a poison. Here are important medicine safety tips:



# UPSTATE NEW YORK POISON CENTER

## SAFE USE:

It is important to take prescription or over-the-counter medicine safely.

### Follow the 5 Rights:

The right **PERSON**: Only take medicine that is prescribed to you, never share medicine.

The right **DOSE**: Read labels, follow directions.

The right **MEDICINE**: Wear glasses, turn on lights, and talk to your health care provider before starting new medicine.

The right **TIME**: Use pill minders.

The right **WAY**: Use the measuring device that came with the product, take medicine over a sink, and don't use a kitchen spoon.



## SAFE STORAGE:

To prevent unintentional poisoning, follow these tips for proper medicine storage:

- Keep all medicine up, out of reach and sight of children and pets.
- Keep all medicine in original bottles, containers and packaging.
- Store all medicine away from food and pet medicine.
- Consider using a medication lock box or bag.



## SAFE DISPOSAL:

Here are tips for proper disposal of unused or expired medicine:

**At home:** Use an at-home drug disposal kit (ex: Deterra® Drug Disposal System)  
*Do not flush unless urgent.*

Bring medicine to drop boxes at pharmacies or police departments.

Participate in the DEA's National Prescription Drug Take Back Day on the last Saturday in April and October. Check their website for more:

[www.dea.gov/takebackday](http://www.dea.gov/takebackday).



Visit our website for more information: [www.upstatepoison.org](http://www.upstatepoison.org)