

#### 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







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:



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#### **SAFE USE:**

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

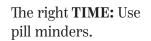
### Follow the 5 Rights:

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 **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.

Visit our website for more information: www.upstatepoison.org