

# Before you take your pills... pause.

Prevent medicine mix-ups with these 5 steps.

When taking any  
medicine, always make  
sure you have the right:



**1**

## **PERSON.**

Whose name is on the label?

**2**

## **MEDICINE.**

Is this the medicine you  
mean to take?

**3**

## **DOSE.**

How much should you  
take at a time?

**4**

## **WAY.**

Is it meant to be swallowed?  
Is it an eye or ear drop?

**5**

## **TIME.**

When and how often  
should this be taken?

Medicine mix-ups happen. We can help.

**1-800-222-1222**



Fast, free,  
expert advice,  
24/7.

**UPSTATE**  
NEW YORK  
**POISON CENTER**  
**1-800-222-1222**

# Took the same medicine twice? Took the wrong dose? **Medicine Mix-ups Happen.**

When they do, who can  
 you ask for help?



a. Doctor



b. Pharmacist



c. Call 1-800-222-1222  
for Poison Help



d. Any of the above!

Avoid medicine mix-ups by asking  
 these 5 questions about any  
 medicine you're taking:

1. What is my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. Are there any side effects?
4. Is it safe to take with other medicines, vitamins, or alcohol?
5. What if I miss a dose?

Other questions:

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Call **1-800-222-1222** for poison help.

- ✓ Open 24/7, 365 days a year.
- ✓ Your call is always answered by a nurse, pharmacist or other expert.
- ✓ A fast, free phone call when your doctor's office or pharmacy is busy or closed.



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