













Medication Safety

For Adults:

-  **Read the label:** Always check the label to know what the medicine is, how much to take, and when. Do Not Guess.
-  **Take the right dose:** Take the right amount of medicine at the right time. If you're not sure, ask your doctor or pharmacist.
-  **Keep medicine in its original bottle:** It's easier to keep track of what it is and when it expires.
-  **Watch for side effects:** Pay attention to how you feel after taking medicine. If something feels off, check with your doctor.
-  **Don't mix medications:** Always tell your doctor or pharmacist about any other medicine you're taking so they can avoid bad combinations.
-  **Store it safely:** Keep your medicine in a cool, dry place, away from kids and pets.
-  **Don't share your medication:** Medicine is for you, not for anyone else, even if they have the same symptoms.

For Kids:

-  **Only take medicine with an adult (parents):** Medicine is for when you're feeling sick, and an adult should always help you take it.
-  **Medicine is NOT candy:** Even if it looks sweet or yummy, medicine is *NOT* candy. Only take it when an adult says you should.
-  **Don't play with medicine bottles:** They're NOT toys, so don't open them or play with them.
-  **Tell parents if something doesn't feel right:** If your tummy hurts or you feel funny after taking medicine, let an adult know right away.
-  **Help keep medicine safe:** If you see medicine somewhere it shouldn't be, let an adult know so they can put it away properly.



Never take someone else's medicine: If it's not yours, don't touch it. Medicine is only for the person it's meant for. Not safe.