SAFE STORAGE

- Store prescription medicines in a drawer or cabinet that can be locked or use a lock box.
- Monitor your medicine inventory. Know how much you've used, how much remains, and keep a list of all medicines in the house.
- Make sure other family members secure their medicines before your kids visit them.

SAFE USE

Find Out if Your Combination of Medicines Is Safe

Here's how:

- Use the backside of this card to list all medicines you're taking. Please list all prescription and non-prescription medications, herbals, nutritional supplements, eye drops, inhalers, etc that you use.
- Review this medication list once a year with your doctor or pharmacist.
- Ask your doctor or pharmacist to explain each medicine:
  - What type of medicine are you taking?
  - Why are you taking it?
  - How long can you expect to take it?
  - Any possible side effects?
  - If the medicine is a narcotic, are there any non-narcotic alternatives?

(Over)
How you dispose of medicines makes a difference. TakeMedsSeriously.org keeps you informed about:

- “Take-back” locations around the state where medicines can be returned and destroyed.
- The safest home disposal options.

The medications list below is provided for your convenience. Please refer to the SAFE USE section on the front side of this card.

**My Medications List**

Name & D.O.B. ________________________

Physician’s Name ________________________

Ph# ________________________

Pharmacy Name & Ph. # ________________________

Date form last updated ________________________

<table>
<thead>
<tr>
<th>NAME OF MEDICINE</th>
<th>DOSE</th>
<th>DIRECTIONS FOR USE</th>
<th>REASON FOR TAKING IT</th>
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Any allergies to medications, foods, iodine, tape or latex? List here:


Take Action. Learn More: TakeMeds Seriously.org