# MEDICATION USE AND SAFETY

## THE PHARMACIST AND YOU

- Pharmacists are the most accessible healthcare professionals
- Available to assist you, provide many services, and provide FREE advice



# **HOW CAN MY PHARMACIST HELP ME?**

- Provide over-the-counter medication recommendations
- Check drug-drug & food-drug interactions, allergies
- Appointments may be available for one-on-one sit
  down or phone sessions to discuss medications, disease
  states, vaccines, side effects, etc.
- Your pharmacist can give you your vaccines when they are due

# **Additional Medication Safety Tips**

- Use one pharmacy for all medications
- Difficulty opening vial caps? Ask for easy open tops
- Difficulty remembering? Timer caps!

#### **HOW SHOULD I STORE MY MEDICATIONS?**

- Use a pillbox
- Keep medications out of reach of children
- Keep multiple bottles of same medication together

### WHERE SHOULD I STORE MY MEDICATIONS?



You can safely store medications here!





Do **NOT** store medications here



## WHERE SHOULD I DISPOSE MY MEDICATIONS?

- Throw away medication you no longer take
- Look for medication take-back events (police stations/ pharmacies)
- http://nabp.pharmacy/initiatives/AWARXE/drugdisposal-locator/