



# Safe Medication Practices

## Keep a Current List

Maintain an updated list of all medications and supplements.

## Check the Label

Verify medication details before leaving the pharmacy.

## Know Ingredients

Avoid taking multiple products with the same active ingredient.

## Ask Before Splitting

Consult a pharmacist before altering pill form.

## Never Share Prescriptions

Avoid sharing medications, even with similar symptoms.

## Read Instructions

Understand medication instructions to avoid adverse effects.

## Be Careful with OTC Meds

Use over-the-counter medications cautiously.

## Verify Online Pharmacies

Ensure online pharmacies are licensed and legitimate.

## Dispose of Expired Meds

Safely discard expired or damaged medications.

