

Amelia keeps their prescriptions in her medicine cabinet—and a master list in her wallet.



Every year, 1.5 million Americans get sick from medication errors—improper doses, dangerous interactions between medicines, allergic reactions. So be sure to:

Keep an up-to-date list of current medications: your kids', your parents', your spouse's, your own. Always keep a copy with you in your purse or wallet.

Double-check your medication when you pick it up from the pharmacy—to see that it's the medicine and dose your doctor ordered. If you have any questions, speak to the pharmacist.

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