



Anna Estevez knows what's written *on* the bottle can be just as important as what's *in* it.

Anna Estevez always reads the label and takes every medicine according to the directions. She knows those directions are there for a good reason. They help avoid incorrect doses, dangerous interactions, and

Medication safety tips

- **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.
- **Inform your doctor** of all medicines you're taking, including any non-prescription medicines, vitamins, herbal or natural remedies.
- **Take your medication only as prescribed:** be aware of possible side effects, and of what to do if you forget to take a dose. Always take the full prescription—don't stop partway through.
- **Double-check your medication when you pick it up from the pharmacy—** to see that it's the medicine and dose the doctor ordered. If you have any questions, speak to the pharmacist.

allergic reactions. Anna takes further steps to ensure that medicines are safe for her family. At home, she keeps a list of all her family's current medications—and keeps a copy of the list in her purse. So when she has a doctor's appointment, it's easy to inform the doctor of everything she's taking, including vitamins, over-the-counter medicines, and herbal treatments too.

And when Anna takes a prescription, she takes the *entire* prescription. She knows that stopping halfway through—even if she already feels better—might allow the illness to return even stronger.

Being informed and communicating with her doctor helps Anna get the best health care for her and her family.

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