



Amelia Rocha keeps her family's 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. But when Amelia takes her medicines, she also takes all the right

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.

steps to avoid such mistakes. At home, she keeps a list of all her family's current medications—and keeps a copy of that 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 Amelia takes a prescription, she takes the *entire* prescription. She knows that stopping partway through—even if she already feels better—might allow the illness to return even stronger.

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

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