

Donna keeps a list of all the medications she's taking. So does her daughter.



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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