



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

Every year, 1.5 million Americans become ill from medication errors—improper doses, dangerous interactions between medicines, allergic reactions. But when Donna Jackson takes her medicines, she also

takes all the right steps to avoid such mistakes.

At home, she keeps a list of all her 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 her doctor of everything she's taking. She knows it's important to mention her vitamins, over-the-counter medicines, and herbal treatments too.

There's one more copy of Donna's list—it's with her daughter, who can help Donna if she gets confused about her medicines.

If you have an older parent or relative taking medications, be aware of—and familiar with—their medicines, as well as your own.

It's all part of getting the best health care for you and your family.

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.

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