



Health and Wellness Tip of the Week - Week 45

November 10, 2014

Monthly Topic:

Get Smart about Antibiotics Week falls in November, so what better time to remind employees about how to safely take medications.

Following Doctor's Orders Is The Best Medicine

Not taking medicine as the doctor has prescribed can get in the way of healing and can lead to more problems with an illness. To stay on track with your medication, here are some useful tips:

- Know the names of all the medicines you take and what each is used for.
- Make sure you know how to use your medication correctly and how long you will need to take it.
- If you are having problems with the drugs you're taking, talk to your doctor.
- Keep a record of the drugs you take and when and how often you take them. Give this list to a friend or loved one in case of an emergency.
- Read all labels and follow directions.
- Make taking your medicines a habit. Take them at the same time along with other daily activities, such as when you brush your teeth or at mealtimes.
- Make sure all your doctors know about all the medicines you take.
- Don't share prescription drugs with anyone else.
- Store your medicines in a place where you'll see them, but make sure they're secure when you have guests.
- Make sure you throw away any drugs when they are no longer needed.

Source: U.S. Food and Drug Administration



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