



Health and Wellness Tip of the Week - Week 11

March 17, 2014

Monthly Topic

National Poison Prevention Week is in March so it's a great time to provide poison prevention tips to your employees

Make Sure Your Prescriptions Are Helping You, Not Hurting You

Perhaps you have some prescriptions in your medicine cabinet. Are you taking them the right way? Are you following safety measures? Put these safety tips into practice:

- Know what your medicines are used for and how to take them.
- Don't take medicines that are out of date.
- Keep a list of all medicines you take. Be sure to share it with your doctor at each visit.
- Read the drug labels and warnings, including side effects.
- If your medicine looks different than you expected, ask your pharmacist why.
- Don't share your medicine with anyone, and don't use drugs prescribed for someone else.
- Ask your doctor if you need refills.
- When advised by your doctor, schedule tests to see if the medicine is working.

*Source: U.S. Department of Health and Human Services
; American Association of Poison Control Centers*

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