

Especially for Older Adults:

- Request medicine labels be printed in larger type.
- If one type of child-resistant closure is difficult to use, ask your pharmacist for a different kind.
- Avoid dosage errors — use dosage containers indicating day of week and/or time of day; don't leave it to memory.
- If you are taking two or more medications (prescriptions or over-the-counter), be sure to check with your pharmacist to avoid unexpected drug interactions. Also discuss any herbal supplements you may be taking.
- Check with your pharmacist before splitting pills, even if they are scored. Some pills may lose their long-acting effect.
- Know what foods may interact with your medications.



Medication Facts

- Medications are the most common poison for people of all ages.
- For children under the age of six, medicines are the third most common poison.
- Medication overdose is the leading cause of deaths among all poisons.

One Pill
Can Kill



If you think someone has been poisoned, call the
Poison Control Center



Up to 36% of poisonings of children take place in grandparents' homes; use child-resistant closures on all medication bottles.

HUDSON VALLEY
POISON EDUCATION CENTER
at Phelps Memorial Hospital Center
701 North Broadway
Sleepy Hollow, NY 10591

Phone: 914-366-3577
Fax: 914-366-1512
Email: PoisonEdu@pmhc.us
www.PoisonEducation.org

HUDSON VALLEY
POISON EDUCATION CENTER
at Phelps Memorial
Hospital Center

Children under the age of six are at greatest risk for unintentional poisoning. They are curious by nature and investigate their world by putting things in their mouth. They will eat or drink anything regardless of how it tastes. Children like attractive packaging and good smells and are drawn to colorful substances.

Some medicines look and taste like candy.



Some of the more dangerous medicines include:

- Heart and blood pressure medication
- Tranquilizers and sedatives
- Iron pills, including vitamins
- Diabetes medications
- Pain relievers

Medication Safety Tips

- Do not place or store medications within the reach of children.
- Store medications in locked cabinets.
- Use child-resistant containers.
- Keep medicines in their original containers.
- Do not store medications on the same shelf as food.

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Medication Safety (continued)

- Always turn on the light when taking medicine at night.
- Before taking any medication, read and follow the label instructions carefully.
- Never call medicine candy or make a game out of taking it.
- Do not take or give medicine in front of children. Children mimic behavior.
- Dispose of medication by first mixing it with an undesirable substance, such as, coffee grounds or kitty litter then placing it in a container that will not leak. Throw the container in the trash.
- Keep the Poison Control Center telephone number on or near your telephones.

Remember:
child-resistant
does not mean
child-proof.