

Did you know?

You should only **take your medication as directed.**

Protect your health in 4 easy steps:

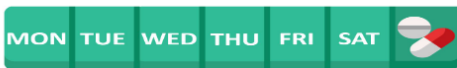
1. Ask Your Doctor & Pharmacist Questions



- What is the medication supposed to do?
- Why is this the right medication for my condition and age?
- Will this medicine work safely with ALL my other medicine?
- What are the side effects and potential risks for misuse?

2. Set a Routine

- Make a list of all your medicines and the time you are taking them.



3. Be Aware of Your Body

- Report any physical, emotional, and mental changes to your doctor **immediately.**



4. Make safe choices with your medications



- Lock and store medications in a safe place away from children and teens.
- Do **NOT** share medications with anyone.

Safely dispose unused and expired medicine at:

- South Tucson Police Dept.
1601 S 6th Ave
- Southside Santa Cruz Police Dept.
4410 S Park Ave
- Walgreens: 1880 E Irvington Rd



Call AZ Poison Control Center 24/7 with any questions about your medication:

1-800-222-1222

Visit LPKNC.org for more information

Sources: BeMedSmart from Pima Council on Aging