

Medicine Safety *Tips*

*Take control of your own health
by knowing how to take your medicines safely.*

Here are some tips to help you:

At your doctor's office

- Keep a list of the medicines you take, including prescribed and over-the-counter drugs, vitamins, herbs and supplements. Update your list when you are taking a new medicine or have stopped taking a medicine.
- Bring the list to your doctor and pharmacist. Your list will help them make sure your medicines work well together.
- Tell your doctor about any allergies to medicines or vaccines you have had in the past.
- Learn about the facts and side effects of your medicines.
- Follow your doctor's instructions on how to take your medicine. Make sure you know why you are taking the medicine and how to take it.



At home

- Keep all medicines out of the reach of children and pets. Follow your pharmacist's instructions on how to store your medicine.
- Each time you take your medicine, read the label and make sure you are taking the right medicine. Take your medicine as your doctor has taught you. Call your doctor or pharmacist if you have any questions.
- Check the date on your medicines. Throw away any medicine that has expired or is no longer needed.
- Do not share medicines with others.
- If you feel that a medicine is making you sick or causing you pain, call your doctor right away.

For more information, call the Health Education Information Line at **1-800-804-6074 (TTY: 711)**.
www.CalVivaHealth.org

Cov Tswv Yim Txog Kev Nyab Xeeb Ntawm Tshuaj

Tswj ceev koj txoj kev noj qab haus huv los ntawm txoj kev paub siv koj cov tshuaj kom nyab xeeb.

Nov yog ib co tswv yim los pab koj.

Tom koj tus kws kho mob chaw ua hauj lwm

Khaws ib daim ntawv uas muaj cov tshuaj uas koj noj, nrog rau cov tshuaj kws kho mob sau thiab cov muas hauv chaw muag, tshuaj qab los, tshuaj ntsuab thiab tshuaj ntxiv roj ntsha. Hloov koj daim ntawv no thaum koj yuav noj ib cov tshuaj tshiab los yog tsis noj ib hom tshuaj dab tsi.



- Nqa daim ntawv mus rau koj tus kws kho mob thiab tus kws muab tshuaj. Daim ntawv yuav pab kom paub tseeb tias koj cov tshuaj ua hauj lwm zoo ua ke.
- Qhia koj tus kws kho mob txog cov kev tsis haum cov tshuaj los yog cov koob tshuaj txhaj tiv thaiv kab mob uas koj tau txhaj yav tas los.
- Kawm txog cov tseeb thiab tej yam kev tsis haum los ntawm koj cov tshuaj
- Ua raws li koj tus kws kho mob cov lus qhia txog kev siv koj cov tshuaj. Xyuas kom koj paub tias vim li cas koj noj cov tshuaj no thiab yuav noj li cas.

Tom tsev

- Khaws tag nrho cov tshuaj kom me nyuam thiab cov tsiaj hauv tsev ncau tsis cuag koj cov tshuaj. Ua raws li kws muab tshuaj cov lus qhia kev khaws ceev koj cov tshuaj.
- Txhua zaum uas koj noj koj cov tshuaj, nyeem daim ntawv lo thiab xyuas kom tseeb tias koj noj cov tshuaj yog. Noj koj cov tshuaj raws li kws kho mob qhia koj. Hu rau koj tus kws kho mob los yog tus kws muab tshuaj yog koj muaj lus nug.
- Xyuas cov hnuv siv tau ntawm koj cov tshuaj. Pov tseg tej yam tshuaj uas tau tag sij hawm los yog tsis siv txog lawm.
- Tsis txhob muab koj cov tshuaj rau lwm tus.
- Yog koj xav tias ib yam tshuaj twg ua rau koj mob los yog ua mob rau koj, hu rau koj tus kws kho mob tam sim ntawd.

Yog xav paub ntxiv, hu rau Health Education Information Line ntawm **1-800-804-6074** (TTY: 711).
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