



Vol. 5, Issue 4

# Poison prevention antidote

July-August 2026  
[WWW.MNPOISON.ORG](http://WWW.MNPOISON.ORG)



- July 9 & 23: Safe Summer Nights
- July 15: Riverland Community Health Child and Teen Checkup
- July 24: ACBC Food Shelf
- July 25: Eastside Community Health Fair

## Medication Safety

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Medications play an important role in managing your health even though they can be complicated at times. Some things that make understanding medications difficult include:

- Difficult or different names to remember
- Similar colors, shapes, and sizes
- Use in a variety of health conditions

Many people take more than one medication, which makes everything harder to keep track of. Our goal is to provide you with some tips on what you can do to keep yourself safe while you are on your medications.

What can you do to improve your medication safety:

- Make sure the medication is for you and not someone else
- Do not take someone else's medications
- Make sure your healthcare team knows your allergies and medications, including over-the-counter products, vitamins, and supplements
- Do not assume each provider has the same information
- Understand your medication by knowing the following:
  - Medication name (example: Atorvastatin)
  - Medication strength (example: 20 mg)
  - Medication form (tablets, capsules or liquid)
  - Instructions on how to take the medication
  - When you take your medication (example: Bedtime, around 9pm)
  - What you are taking it for (example: High Cholesterol)
- Create a medication list and update it as your medications change
- Store or dispose of your medications safely
- Keep medications up and away from the reach of young children, preferably somewhere locked.
- Dispose of your medications accordingly. Check with your local pharmacy or county to see if they have a secure medication disposal kiosk for unused or expired prescription drugs and over-the-counter medications
- Save the Poison Help number on your phone or have it visible at home: 1-800-222-1222
- Have questions or concerns? Talk to your local pharmacist or contact your healthcare provider.



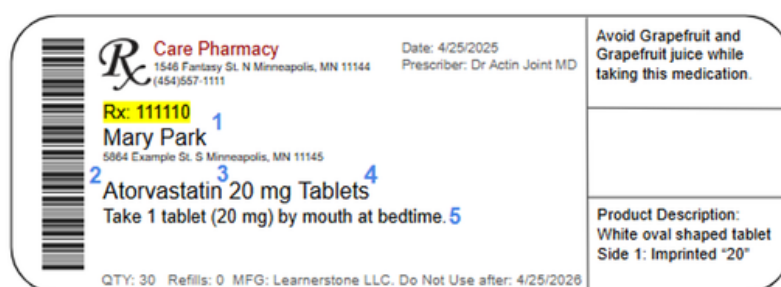
### DID YOU KNOW?

- Alcohol is dangerous for children.
- Even a small amount of alcohol can have harmful effects on a child.
- Children are curious and mimic adult behaviors.

### Alcohol Safety Tips

- Enjoy adult beverages in moderation.
- Keep adult beverages up and away.
- If you suspect a child has ingested any amount of alcohol, call Poison Help right away at 1-800-222-1222.

What is on your medication label:



### Key things to look for:

1. Your Name
2. Medication Name
3. Medication Strength
4. Medication Formulation
5. Medication Instructions on how to take

\*This label was created for the purpose of education. Label may look different depending on your pharmacy.



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