

For Immediate Release  
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## 5 Rights to Keep Your Family Safe from Medications

Last month, the Washington Poison Center (WAPC) released its top 10 poisonings in 2008. Seven of the ten poisonings were categories of medications. Medications include prescription, over-the-counter, vitamins and herbal supplements. Common medication mistakes can be avoided.

The following 5 ‘rights’ can help keep your family safe when taking or giving medicine. When one of the below *rights* is *wrong* – call the WAPC *right away* at **1-800-222-1222**.

- **The right person.** Be sure that the right person is using the medicine and does not take another person’s medicine.
- **The right dose.** Always check for the proper amount. Write down each dose to be given.
- **The right medicine.** Read the label – each time to avoid making a mistake. Know the name of the medicine when giving or taking it.
- **The right time.** Follow the label and take medicine at the correct time of day. Some medications are used once a day, some multiple times.
- **The right way.** Follow instructions. Some medicines interact with certain foods and medications. Not all medications are to be swallowed.

If a medication error may have occurred or you have questions about other poisons, call your Poison Center’s 24/7 hotline at **1-800-222-1222**. One of the WAPC’s specially-trained pharmacists, nurses and poison specialists will answer your call. Poison help is always free and confidential. Services are available for hearing problems and for non-English speakers.

The WAPC is hoping to continue to provide the important services of poison prevention and treatment advice. Support of the WAPC from the community during this critical State budget crisis has been noticed. However, the single best way to show your support of the WAPC is to contact your legislators at 1-800-562-6000 letting them know the impact losing your Poison Center would have on your family or community. For more information visit the WAPC at [www.wapc.org](http://www.wapc.org).

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