

## Safe Medicine Disposal

It is important to dispose of unneeded and expired medications.



### Safe disposal of medications...

- Helps prevent therapeutic mistakes
- Lowers the risk of unintentional poisonings to people and animals
- Reduces access to products that can be misused or abused
- Protects the environment



The safest and most environmentally friendly way to dispose of unused or expired medication is to return them to a medicine take-back site. Visit [www.takebackyourmeds.org](http://www.takebackyourmeds.org) to find a disposal location near you!

To download and print medication calendars, medication lists, an educational presentation, and other materials, please visit [www.wapc.org](http://www.wapc.org)

## Poison First Aid

The first aid information does not take the place of expert advice. Always call the Poison Center right away.

### Inhaled Poison

Get to fresh air right away and avoid fumes.  
Open doors and windows wide.

### Poison on the Skin

Take off clothing the poison touched.  
Rinse skin with running water.  
Wash off with soap and water.

### Poison in the Eye

Run lukewarm tap water over eye for 10 min.  
Do not force the eyelid open.

### Swallowed Poison

Do not make the person vomit, drink or eat unless told by a poison expert.

### Poison Help & Information:

**1-800-222-1222**

Language Line available for non-English speakers  
Hearing impaired TDD: 1-800-572-0638

The Washington Poison Center is a 501(c)(3) nonprofit organization, EIN 94-321459.

[www.wapc.org](http://www.wapc.org)

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## PREVENTION & TREATMENT GUIDE

### Older Adult Caregivers

Did you know...

...the **Washington**



**Poison Center is your partner in**

**medication management?**

 **WASHINGTON POISON CENTER**  
(800) 222 1222

## About WAPC

### The Washington Poison Center

(WAPC) is a statewide provider of immediate, free, and expert treatment advice and assistance on the telephone in the case of exposure to poisonous, hazardous or toxic substances.



**We are confidential:** All calls are kept confidential within the limits of the law.

**We are here for everyone:** We have access to more than 140 languages and TTY relay access for hearing-impaired.

### We are the experts the experts call:

Our phones are staffed by medical professionals, including pharmacists and nurses. Over 12% of our calls come from other healthcare professionals.

### We help reduce health care costs:

Every \$1 spent on a poison center saves an estimated \$7 in overall health care costs.

Call the **Washington Poison Center** for free and confidential expert poison information 24 hours a day, 7 days a week.

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## About Poisons

### A poison is....

Any product or substance that can be harmful if it is used the wrong way, by the wrong person, or in the wrong amount.



### Pay Attention to Look-a-Likes!

It is very common for people to accidentally poison themselves by confusing products that look similar. Remind people to pay attention to dangerous items in the household that could be easily mixed up.



### Tips:

- Keep substances in their original containers
- Separate household cleaning products from other household items
- Cook and store food according packaging
- Put Mr. Yuk stickers on dangerous items

## Medication Management

Of the 20,000+ phone calls we have received regarding seniors over the past 5 years, **over 50% were regarding an unintentional therapeutic error.**

### The Most Common Mistakes?

1. Took medication twice
2. Took the wrong medication
3. Took the incorrect dose

### Tips for managing medications

- Always put your glasses on and turn on a light before taking medication
- Only take your own medication
- Know what each medication looks like
- Keep an updated list of medications and bring it to all medical appointments
- Create a routine for taking medication
- Be wary of alcohol consumption with medication
- Keep medication out of sight of children and in child-resistant containers
- Offer visitors a secure, separate place to keep medication

