Am I at Risk for Poisoning?

More people call the Poison Center about medications than any other substance:

- Taking more medications increases the risk of drug or food interactions.
- You may be taking drugs with similar side effects. Used alone most drugs do not cause harm; used together you might have a toxic reaction.
- Over the counter medicines, including vitamins and herbal supplements, may cause side effects when used with prescription drugs or some foods.

Did you know...

...on average, Americans fill over 12 prescriptions (Rx) a year?
**Medicine Safety Guide**

For each medicine you take (including vitamins and herbal supplements) you should know:

- Name of medicine
- Why you take it
- Amount to take
- Time to take
- Take with or without food or water
- Food, drugs or alcohol to avoid
- Possible side effects
- What to do if side effects occur

Ask your healthcare provider about keeping a medication record. Keep it where someone can find it in case of an emergency.

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**How Can I Prevent Poisonings?**

- Keep medicines in their original labeled packages.
- Listen as your healthcare provider explains how each new medication can affect others you are taking. Ask to have it written down to refer to later.
- Try to always use the same pharmacy to fill prescriptions.
- Re-read the label each time before you take any medicine. Be sure you have good lighting and glasses, if you need them.
- Mistakes happen. If you think you took your medicine twice or took the wrong medication, the Poison Center can help.

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

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