

Medication Management

Over 50% of calls regarding seniors are due to unintentional medication mistakes.

Follow these tips to avoid common mistakes when taking medication:

- Establish a medication routine
- Keep updated lists of medications, dose amounts, and the time of day when taken. Bring a list to all medical appointments and have it readily available in case of an emergency
- Know the look of each medication - print out a photograph to keep track
- Keep your medication separate from medications of other residents of your home
- Only take your own medication
- Always put your glasses on and turn on a light before taking medication
- Be wary of consuming supplemental drugs and alcohol with medication
- Properly dispose of unwanted or old medication. Find a disposal location: www.takebackyourmeds.org



Poison First Aid

This 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 20 min. Do not force the eyelid open.

Swallowed Poison

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

www.wapc.org



Poison Help & Information:

1 - 800 - 222 - 1222

Language Line available in over 260 languages

TTY relay: 7-1-1

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

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PREVENTION & TREATMENT GUIDE

Older Adults

Did you know...

...the

Washington
Poison Center

can help you
manage
medications

?



 WASHINGTON
POISON CENTER
(800) 222 1222

About the 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

Almost 21% of calls to the Poison Center are regarding adults 60 years and older.

We are the experts the experts call

Our phones are staffed by medical professionals, including pharmacists and nurses. Over 18% of our calls come from other healthcare professionals.

We help reduce health care costs

When the Poison Center is called first, we keep over 91% of adults at home.

Household Tips

It's difficult to know about all the things that may hurt you, and even adults make mistakes. There are many preventative measures you can take to keep you and your family safe.

Follow these tips to avoid common household mistakes:

- Keep substances in their original containers.
- Separate household items from food items and medications.
- Separate or distinguish items like ear drops and eye drops that can be easily confused.
- Install and test carbon monoxide (CO) alarms.
- Post the Poison Center phone number on your refrigerator and program it into your phone!



Living with or Visiting Children

It is important to be extra careful when children are present in a living environment. Children easily get into household items and medications.

Follow these tips to keep the children you care about safe!



In the home...

- Keep medication and toxic household items out of reach and in child-resistant containers.
- Put Mr. Yuk stickers on household cleaners and chemicals.

With your medication...

- Do not take medication in front of children as they often mimic adults.
- Do not leave purses or bags where children can reach them.
- Vacuum or sweep the floor promptly if medications have spilled or dropped.

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

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