



Call the Poison Control Center for help

Call with questions about taking medicine safely



Wear your glasses when taking medicine

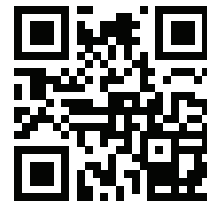


Keep a list of all medicines you take



- Your Poison Control Center is open 24 hours a day, 7 days a week.
- Pharmacists and nurses certified in poison information are there to give advice.
- All calls are free and confidential.
- Translation services are provided.
- Ask for free brochures, telephone stickers and magnets.

Using your Smartphone download a free QR Reader application to receive more information.



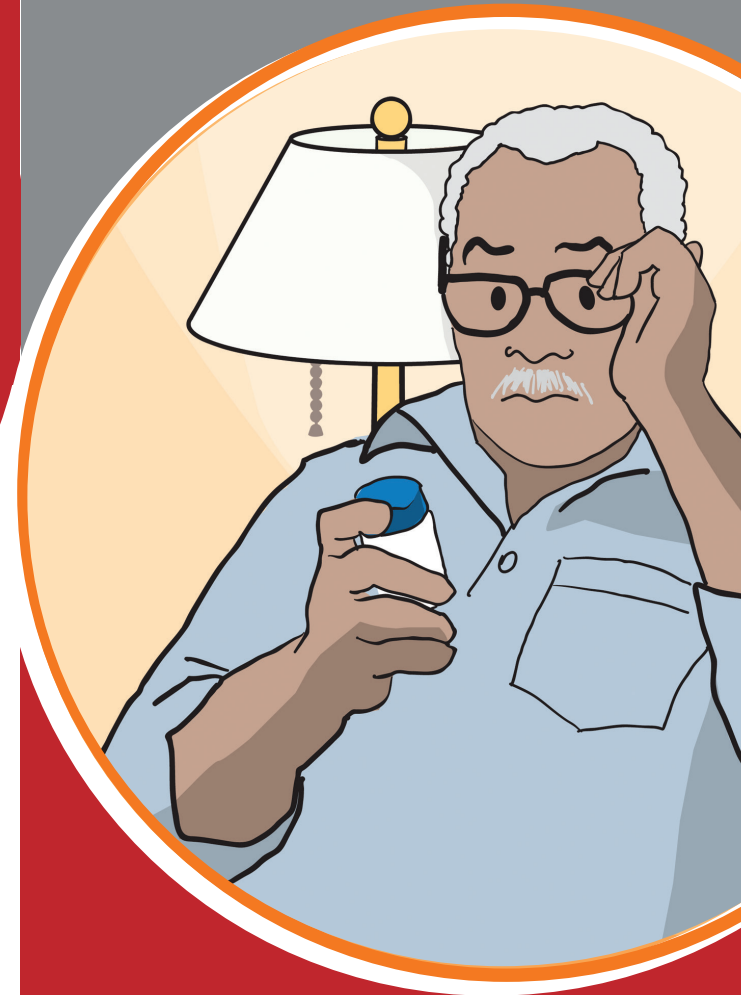
Save to your contacts.

POISON
Help
1-800-222-1222

212.POISONS
(212.764.7667)

Visit our website at
nyc.gov/health

You Can Take Medicine Safely



New York City Poison Control Center

(English)



Bellevue

What kind of medicines are there?

- There are 2 kinds of medicines: prescription and nonprescription.

What is a prescription medicine?

In the U.S., these are medicines prescribed by certain licensed health care providers:

- Doctors
- Nurse Practitioners
- Physician Assistants
- Dentists

What are nonprescription medicines?

There are medicines you can buy without a prescription in supermarkets and pharmacies.

What are examples of nonprescription medicines?

- Acetaminophen
- Ibuprofen
- Cold tablets
- Cough syrups
- Stomach medicines
- Herbals, vitamins, minerals
- Skin creams and lotions
- Eye drops

What are side effects?

- Side effects are reactions that might happen when you take certain medicines.
- These include:
 - Headache
 - Sleepiness
 - Upset stomach
- Side effects can be mild or serious
- Always tell your doctor about serious side effects such as:
 - Rash
 - Fever
 - Difficulty breathing
 - Rapid heart rate

What are drug interactions?

- Drug interactions are when two or more medicines combine in your body.
- The combination may change the way the medicine works.
- Dangerous interactions are possible when you combine medicines.

What can I do to take my medicine safely?

- Keep a list of all the medicines you take (prescription and nonprescription including herbals and vitamins).
- Talk to the doctor, pharmacist and nurse about your food and medicine allergies.
- Learn the generic and brand names of your medicine.
- Understand the purpose, side effects and directions of your medicine.
- Be sure you can see your medicine label clearly and take only the amount directed.
- Use a medicine list, log, pill box or calendar to help keep track of your medicine.
- Check the expiration date and ask the Poison Control Center how to throw away old medicine.
- Call the Poison Control Center anytime with questions.



**New York City
Poison Control Center**

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or 212-POISONS
24 hours a day, 7 days a week**