



## October . . . Talk About Prescriptions Month

Whether you realize it or not, most of us practice medicine without a license when we buy over-the-counter (OTC) medications. We use non-prescription OTC's to treat symptoms . . . everything from colds to fevers to aches and pain. Even though they are safe to use as directed, they are also serious medicines. Since there are over 100,000 OTC's, here are 10 simple suggestions on how to take OTC's:

1. Always read **ALL** of the label to make sure that you have selected the right product for your symptoms. This includes dosing instructions and any warnings that may apply to you.
2. Look for an OTC that will treat only the symptom you have.
3. Know what to avoid while taking the OTC medication, i.e., foods, driving etc.
4. Ask the pharmacist if you're in doubt about taking a particular OTC.
5. Take the medicine **EXACTLY** as stated on the label.
6. Use caution when taking more than one OTC at a time. Many contain the same ingredients which can mean you're getting more than the recommended dosage.
7. Don't combine Rx medications and OTC's without asking your doctor or pharmacist. This can cause adverse reactions and/or interfere with the other drug's effectiveness.
8. Make sure that your doctor has a list of **ALL** the medications you are taking: Rx's, OTC's and supplements.
9. Always give infants and children OTC's that are especially formulated for them NOT adult strength medications cut in half!
10. Don't use OTC's after their expiration date.



PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL

