

ORGANIZE YOUR MEDICATION

Prepare in advance so you will have needed medications if your neighborhood is affected by a disaster.

Medication can change in potency (strength) or become ineffective after it expires.

- Check expiration dates. For example, 021018 means the medicine expires on February 10, 2018.
- Do not take medication after the expiration date.
- Write the expiration date on the lid with a permanent marker.
- Dispose of medicine properly by mixing the medicine in something like kitty litter or coffee grounds, placing it in a container, then putting the container in your household trash.

Properly Store Medications

- Keep your medications in a cool, dry place (not in the bathroom or garage).
- Store medicine in a storage container in a convenient location for optimal use.
- Refrigerate medicine, if necessary.

Discard your medications if you notice the following:


- Change in smell,
- Broken or chipped,
- Creams and ointments have a change in texture, or are cracked or separated.

Make a List

List your medications to ensure you continue taking everything you need to stay healthy. Be sure to indicate the following:

- Name of drug or supplement (example: Vitamin C)
- What the medication looks like (example: oblong, brown tablet)
- How much of the medication you have been prescribed (example: 1 tablet, 100 mg)
- How often you take the medication (example: once a day with food)
- What the medication is for (example: dietary supplement)

Name: John **My Medicine List** Date: x/x/xx

	DRUG/ SUPPLEMENT NAME: (Ex: Multivitamin)	THIS LOOKS LIKE: (Ex: small, round white pill) 	HOW MUCH I TAKE: (Ex: 1 tablet, 200 mg)	HOW I TAKE IT: (Ex: 3 times a day, with food)	WHY I TAKE IT: (Ex: Dietary Supplement)
In the morning, I take: (Ex: 8 AM)	Vitamin C	Oblong, brown tablet	1 tablet, 100 mg	Once a day, with food	Dietary Supplement

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