



NORWICH TOWNSHIP FIRE DEPARTMENT
5181 Northwest Parkway
Hilliard, Ohio 43026
614-876-7694



55 and Up: Home Safety and Prevention Program

Medication Safety

At Home:

Do keep a daily checklist of all the medicines you take. Include both prescription and Over the Counter (OTC) medications, vitamins, minerals, herbal supplements and recreational drugs. Note the name of each medicine, the doctor who prescribed it, the amount you take, and the times of day you take it. Keep a copy with your vial of life and a copy in your wallet or pocketbook.

Do read and save any written information that comes with the medicine.

Do check the label on your medicine before taking it and make sure that it is for the correct person – you – with the correct directions prescribed for you by your doctor.

Do take medicine in the exact amount and precise schedule your doctor prescribes.

Do store your medicines in one location. Keep all of your medications in one place unless they need to be stored in the fridge.

Do store medications in a cool and dry place.

Do check the expiration dates on your medicine bottles and Do not use any medicine that has expired.

Do call your doctor right away if you have any problems with your medicines or if you are worried that the medicine might be doing more harm than good. He or she may be able to change your medicine to another one that will work just as well.

Do not take medicines prescribed for another person or give yours to someone else.

Do not stop taking a prescription medication unless your doctor says it's okay – even if you are feeling better.

Do not take more or less than the prescribed amount of any medicine.

Do not mix alcohol and medicine or recreational drugs unless your doctor says it is okay. Some medicines may not work well or may make you sick if taken with alcohol.

Do not store medications in the heat (near a stove), in direct sunlight (on a windowsill) or in a wet or damp place (under kitchen sink or in bathroom).

Do not share your medications with other people, including family members.

If you are not sure, just ask.

The Norwich Township Fire Department is a proud provider of quality Emergency Medical Services. Please share this information with friends and family to help make our environment safer.

At Your Doctor's Office:

Do take someone with you to your doctor's office visit.

Do review your medicine record with the doctor or nurse at every visit and whenever your doctor prescribes new medicine. Your doctor may have new information about your medicines that might be important to you. This especially includes medicines that were prescribed by another doctor. Share all medicine records.

Do always tell your doctor or nurse about past problems you have had with medicines, such as rashes, indigestion, dizziness and/or not feeling hungry.
Do always ask your doctor or nurse about the right way to take any medicine before you start to use it.

Do ask these questions (and write down the answers) before leaving the doctor's office:

What is the name of the medicine and why am I taking it?

- What is the name of the condition this medicine will treat?
- How does this medicine work
- How often should I take it?
- How long will it take to work?
- How will I know if this medicine is working?
- How can I expect to feel once I start taking this medicine?
- When should I take it? As needed? Before, with or between meals? At bedtime?
- Is it safe to drink alcohol with?
- If I forget to take it, what should I do?
- What side effects might I expect? Should I report them?
- Specifically which of my medicines cause drowsiness, dizziness or weakness as a side effect?
- How long will I have to take it?
- Can this medicine interact with other medicines (prescription, OTC and recreational drugs) including herbal and dietary supplements) that I am taking now?
- If I don't take medicine, is there anything else that would work as well?
- If you are not sure, just ask.

At the Pharmacy:

Do make sure you can read and understand the medicine name and the directions on the container. If the label is hard to read, ask your pharmacist to use larger type. Let your pharmacist know if you have trouble opening the bottle.

Do check the label on your medicine before leaving the pharmacy to make sure it is for the correct person – you – and with the correct directions prescribed for you by your doctor. If not, return and speak with the pharmacist.

Try to use only one pharmacy for all your prescription medications. This was more true in days past; however, many are faced with both local prescription pick up as well as mail-in programs.

If you are not sure, just ask.

Expired Medication:

The Norwich Township Fire Department and the Hilliard Police Department co-sponsor a DUMP program (disposal unused medications properly). You can bring your un-needed medications to the fire/police department and we will properly and safely dispose of them. Watch the fire department or police department website for dates and/or locations. You may also call the fire department (876-7694) for information on the next DUMP program.

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