

My Med Tracker

Keep this in your wallet. To get the best care possible, healthcare providers need to know what medicines you are taking.

Name: _____

Address: _____

Phone: _____

Doctor: _____

Pharmacy: _____

Allergies to Medicines: _____

Emergency Contact: _____

Remember to...

- keep track of your medications taken
- throughout the day.
- follow directions carefully and to **never** take more than the suggested dose.
- put on your glasses and turn on the lights before taking your medicine(s).
- avoid sharing your medicine(s) with others.
- keep your medicine(s) out of sight and reach of children.

Call Your Poison Center (1-800-222-1222) if you or someone else...

- takes too much medicine, or
- swallows, breathes in, gets sprayed in the eye by or touches something that is poisonous.

Call 911 if someone...

- can not be woken up (unconscious),
- is having trouble breathing, or
- is shaking all over (seizure).



Your Poison Center is...

- open 24 hours a day, 365 days a year.
- here to help you with questions about your medicines, overdoses & poisonings.
- staffed by pharmacists specially trained in treating poisonings.

