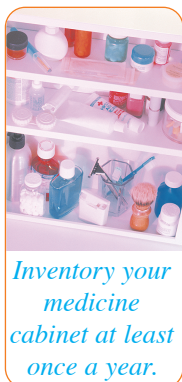




## Overhauling Your Medicine Cabinet

- Take everything out of the medicine cabinet.
- Check expiration dates. Throw out all outdated medicines. If you're not sure about a certain item, call your pharmacist. Ask what the shelf life is.
- Discard old tubes of cream that are hardened or cracked. Throw out any liquid medicines that look cloudy or filmy.
- If medications are not in original containers and clearly labeled, throw them away. Some medicines come in tinted glass, for example, because exposure to light may cause them to deteriorate.
- **Every medication is a potential poison.** If there are children in the house, keep all medicines and vitamins locked in a high cabinet, well out of their reach.
- Activated charcoal and syrup of ipecac are not advised for home use for swallowed poisons. Call the Poison Control Center at 800.222.1222 for advice.



*Inventory your  
medicine  
cabinet at least  
once a year.*

### Basic Supplies to Help with Self-Care

- Adhesive bandages, sterile gauze, first aid tape, and scissors.
- Antibiotic ointment.
- Antiseptic ointment or wipes.
- Eye dropper.
- Heating pad/hot water bottle. Heat pack.
- Humidifier or vaporizer (cool-mist).
- Ice pack.
- Tweezers.
- Petroleum jelly.
- Rubbing alcohol.
- Sunscreen with a sun protection factor (SPF) of 15 or more.
- Thermometer (digital or ear).
- Tongue depressor and flashlight.