



LifeSmarts

Learn it. Live it.

This learning activity complements the LifeSmarts OTC Medicine Safety Mentoring Project. See <http://lifesmarts.org/otc/> for more information. LifeSmarts is a program of the National Consumers League, providing confidence and safety in the marketplace since 1899.

Key—Medicine Safety Card Sort

Safe Activities	Unsafe Activities
Dispose of all unused and expired medicines.	Keep the Poison Control Center's phone number in the phone and address book.
Store medicines up high and out of sight.	Use a spoon or other kitchen utensil to measure medicine.
Ask questions if you are unsure about how to use your medicine (including your OTC medicine).	Keep medicine in an unmarked bottle so others do not know what it is.
Store medicines out of sight and out of the reach of children to avoid emergencies.	Remove the child resistant cap on medicine so it is easy to open the next time medicine is needed.
Medicine storage cabinets should be high and out of reach.	Close handbags containing medicine and store out of reach.
Call 911 for help in an emergency or contact the Poison Center for medicine-related information.	Place open luggage on the floor to get items out quickly.
Read and follow the Drug Facts label to use OTC medicine safely.	Leave medication by the bedside so it is easy to remember to take it.
Close and store guest luggage out of sight so others cannot get unsafe items.	Store frequently used medicines on a kitchen counter.