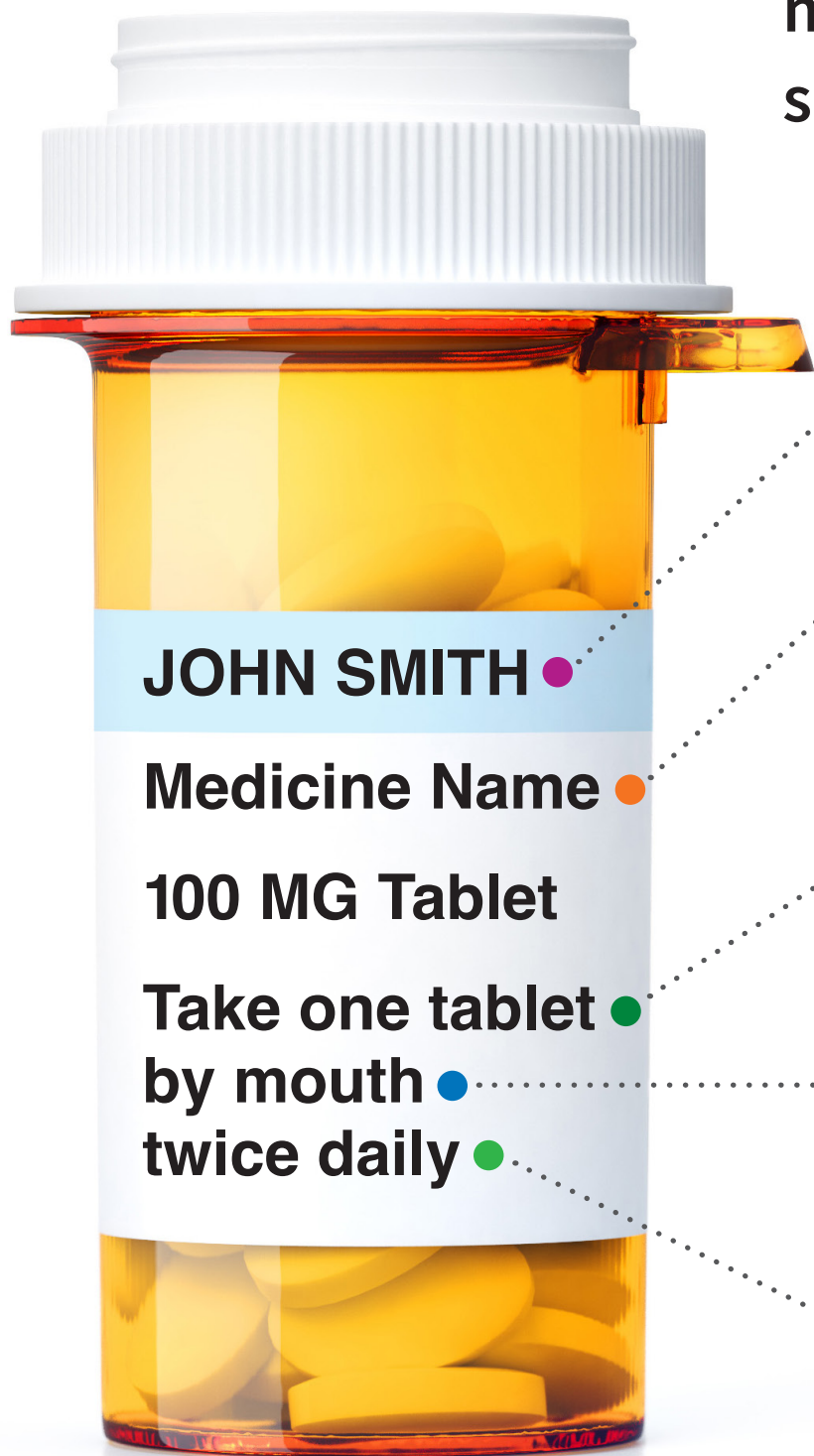


# Before you take your pills... pause.

Prevent medicine mix-ups with these 5 steps.

When taking any  
medicine, always make  
sure you have the right:



1

## PERSON.

Whose name is on the label?

2

## MEDICINE.

Is this the medicine you  
mean to take?

3

## DOSE.

How much should you  
take at a time?

4

## WAY.

Is it meant to be swallowed?  
Is it an eye or ear drop?

5

## TIME.

When and how often  
should this be taken?

Medicine mix-ups happen. We can help.

**1-800-222-1222**



Fast, free,  
expert advice,  
24/7.

