

NEWS RELEASE

For immediate release: November 14, 2011

MEDICATION SAFETY DURING DRUG AWARENESS WEEK

The Health Unit reminds you to clean out your medicine cabinet during Drug Awareness Week, November 14-18.

Medication clean-out bags have been provided to local pharmacies by the *Stay On Your Feet* Coalitions of Nipissing and Parry Sound. These bags can be filled with your old, expired or leftover medications and dropped off at your local pharmacy for safe disposal.

Medication safety is particularly important for older adults. They can reduce their risk of side effects and falling by following these medication safety rules:

1. Review your medications every 6 to 12 months with your doctor and pharmacist
2. If you have health problems or take medication, before drinking alcohol check with your doctor or pharmacist.
3. Before mixing your prescription medications with over the counter or herbal remedies, check with your doctor or pharmacist.
4. Monitor for any side effects from your medications. If you are dizzy, drowsy or have blurred vision, talk to your doctor or pharmacist.
5. Dispose of your medications safely.

For more information about medication safety, call the Health Unit at 705-474-1400 or 1-800-563-2808, or visit www.healthunit.biz.

Quick Facts

- Medication is a hazardous waste. Do NOT throw in the garbage or down the toilet.
- *Stay On Your Feet* Nipissing and Parry Sound are coalitions comprised of community organizations and community members. They are committed to helping older adults maintain their independence and decrease falls.

- 30 -

Media Inquiries:

Jill Faulkner, Communications Coordinator
P: 705-474-1400, ext 2246 or 1-800-563-2808
E: jill.faulkner@nbpsdhu.ca