

MARCH

Saturday 21....9 a.m. to 2 p.m.

LaPorte County Fairgrounds *2581 W. State Road 2 *LaPorte APRIL

Saturday 25....9 a.m. to 2 p.m.

Michigan City *Kabelin Ace Hardware *Marquette Mall MAY

Saturday 30....9 a.m. to 2 p.m.

Michigan City *Lake Park Plaza *Old Walmart *4301 S. Franklin Street JUNE

Saturday 13....9 a.m. to 2 p.m.

LaPorte County Fairgrounds *2581 W. State Road 2 *LaPorte

AUGUST

Saturday 01....9 a.m. to 2 p.m.

LaPorte County Fairgrounds *2581 W. State Road 2 *LaPorte SEPTEMBER

Saturday 26....9 a.m. to 2 p.m.

Michigan City *Kabelin Ace Hardware *Marquette Mall OCTOBER

Saturday 17....9 a.m. to 2 p.m.

LaPorte County Fair Grounds *2581 W.State Road 2 *LaPorte

WEB SITE

SOLIDWASTEDISTRICT.COV/PROGRAMS



Seniors and Medication Safety

People age 65 and older use more prescription and over-the-counter (OTC) medicines than any other age group. Taking different medicines is not always easy. It may be hard to remember what each medicine is for, how you should take it and when to take it. Follow these tips to use medicine safely.

At home:

- Keep a checklist of all the prescription and OTC medicines you take. Write down the name of each medicine, the doctor who prescribed it, the amount you take and when you take it. Keep a copy at home and in your purse or wallet.
- Read and save all of the written information that comes with each medicine.
- Always turn on the lights and put on your reading glasses so you can check the label *every time* before you take the medicine to make sure it is the correct medicine.
- Take the exact amount at the times prescribed by your doctor.
- Check the expiration date and throw away medicine that has expired.
- Call your doctor immediately if you have problems with your medicine.
- Never take medicine that is prescribed for another person or give yours to someone else.
- Don't stop taking the medicine unless your doctor says you can – even if you are feeling better.
- Don't take more or less than the prescribed amount of medicine. Use a measuring spoon – *don't guess*.
- Never mix alcohol and medicine unless your doctor says you can. Some medicine may not work well or make you sick if taken with alcohol.
- Keep the number for the Indiana Poison Center on your phones.

**INDIANA
POISON
CENTER**

1-800-222-1222

POISON HELP

*If the person is unconscious, having seizures,
or having trouble breathing, call 911*

Tips For Calling the Indiana Poison Center:

- **Don't wait for the person to get sick before calling ...**
Call even if you just *think* that someone was exposed to poison – don't take chances
- **Take the container and the affected person to the phone with you.....**
That way, you will be able to quickly give the information needed
- **Find the list of ingredients**
Look on the label to see what is in the product
- **Find the strength of the product.....**
For example, "each spoonful contains..." Often products may have similar names but have different strengths
- **Read how much the container held to begin with.....**
For example, "four ounces, eight ounces, 100 tablets"
- **Decide how much was in the container when the poisoning happened....**
For example, it was half-full, about $\frac{3}{4}$ full, etc.
- **Call from a quiet place.....**
Use a phone in a quiet area
- **Speak slowly and clearly....**
Spell out words you're not sure of
- **If chemicals are splashed on skin or in the eyes...**
Flush with water for 15 minutes and then *call the Poison Center*
- **Never give syrup of ipecac or activated charcoal unless told to do so by a doctor or Poison Center staff**

Call the Indiana Poison Center at 1-800-222-1222

First Aid for Poisoning



Swallowed Poisons:

- Don't wait for symptoms – call the Indiana Poison Center or your physician, even if you just *think* that someone might be poisoned.
- Don't give anything by mouth until advised by the Poison Center or a physician.

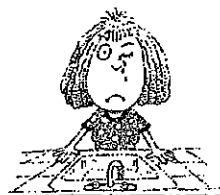
Caution: *Some out-of-date product labels or health information charts may carry incorrect treatment information. Call the Poison Center for instructions. DO NOT induce vomiting by sticking fingers or other objects down the person's throat.*

Poisons on the Skin:



- Remove all contaminated clothing and jewelry.
- Flood the affected parts with lukewarm water, wash with soap and water and rinse thoroughly.
- Call the Indiana Poison Center or your physician.

Poisons in the Eye:



- Remove contact lenses, if worn.
- Flush the eyes **for a full 15 minutes** (for older children and adults, getting in the shower works best).
- Aim a gentle stream of lukewarm water on the forehead above the affected eye. If both eyes are affected, aim the stream at the bridge of the nose. **Do not pour water directly onto the surface of the eye.** Eyes do not need to be held open.
- Blink during the irrigation to help flush the eye.
- For young children, use the sprayer hose at the kitchen sink or a pitcher and follow the instructions for an adult.
- Don't apply eye drops unless instructed by a health care professional.
- Call the Indiana Poison Center or your physician to see if more treatment is needed.

Inhaled Poisons:



- Protect yourself from the fumes – only enter the area if it is clear.
- Immediately carry or drag the affected person to fresh air.
- If necessary, give mouth-to-mouth resuscitation.
- If the person is unconscious or having trouble breathing, call 9-1-1.
- Call the Indiana Poison Center, or your physician.

**INDIANA
POISON
CENTER**

1-800-222-1222

www.clarian.org/poisoncontrol

At your health care provider's office:

- Review your medicine at every visit and whenever your doctor prescribes new medicine. Your doctor may have new information that might be important to you.
- Always tell your doctor about past problems you have had with medicines.
- Ask about the right way to take any medicine before you start to take it.

Questions to ask:

- What is the name of the medicine and why am I taking it?
- What is the name of the condition this medicine will treat?
- How does this medicine work?
- How often should I take it?
- How long will it take to work?
- How will I know if it is working?
- How can I expect to feel once I start taking this medicine?
- When should I take it?
- If I forget to take it, what should I do?
- What side effects might I expect? Should I report them?
- How long will I have to take the medicine?
- Can this medicine interact with other medicines (prescription, OTCs and herbal/dietary supplements) that I am taking now?

At the pharmacy:

- Make sure you can read and understand the medicine name and directions on the container. If the label is hard to read, ask for larger type.
- Check the label before you leave to make sure you have the correct medicine – if not, tell the pharmacist.
- Keep your prescriptions at *one* pharmacy to avoid the risk of drug interactions.