

**Know it.  
Show it.  
Tell it.**

## **Remember...**

- Read the medicine label.  
Follow directions carefully.
- Don't chew, crush, or break any capsules or tablets unless you ask your pharmacist.
- Take your medicine with 6 to 8 ounces of water.
- Ask your pharmacist how to measure liquid medicine.
- Store medicine out of reach of children and pets. Keep it away from household cleaners.
- Never take someone else's medicine.
- Do not save leftover medicines.
- Ask your doctor or pharmacist about using any herbal product.

**Know it.  
Show it.  
Tell it.**

## **Always ask...**

- What is the name of the medicine?
- What is it for?
- How long do I take it?
- Do I need to stay away from any foods, drinks, other medicines or activities while I take this medicine?
- Are there any side effects?  
What do I do if they happen?
- Where can I find out more about this medicine?