

Stay Smart, Stay Safe:

Taking medication the right way



Your health matters to us! Visit [KY-SPIN](#) to find more worksheets and webinars that can help you take charge.

1

Know what
medications
you are taking

2

Take medications
on time and as
directed

3

Check
medications for
cross reactions

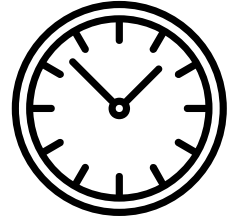
What To Do If You Do Not Have Your Medication List

1

Remember Your Routine

Think about when you take your medicines — morning, afternoon, or night — and how many pills you usually take at each time.

Example: “I take two pills in the morning and one at bedtime.”

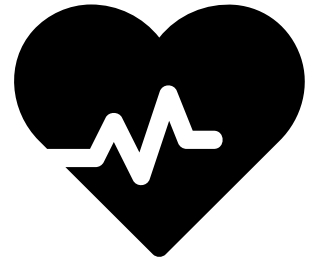


2

Know the Purpose

Be able to describe what each medicine helps with.

Example: “One helps with my anxiety,” or “This one is for my blood pressure.”

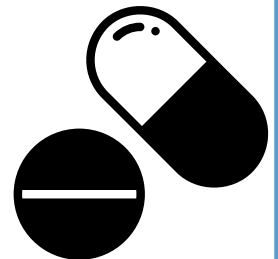


3

Describe What They Look Like

Try to remember the color, shape, or size of your pills or the type of container they come in.

Example: “It’s a small blue round pill in a white bottle.”



4

Share Who Helps You Manage Them

Give the name of your doctor, pharmacist, or caregiver who knows your medication list.

Example: “You can call my doctor at Med Clinic” or “My mom keeps my list at home.”



Alarm. Reminder. Routine. Repeat.

Your medication can only help if you take them the right way. Forgetting or doubling up on doses can mess with how your medicine works — stay smart, stay safe, stay on schedule. Use a **pill organizer**, **phone reminder**, or **app** to stay on track.

How often do you take your medicine?

- ☐ Once a day
- ☐ Twice a day (morning and night)
- ☐ Several times a day
- ☐ Only on certain days

What kind of pill organizer would be easiest for you to use?

- ☐ One with big, easy-to-open lids
- ☐ One that lights up, beeps, or gives reminders
- ☐ One that can be refilled for the whole week
- ☐ One that you can carry with you (small travel size)

How would you like to remember to take your medicine?

- ☐ I want an alarm or phone reminder
- ☐ I like seeing it out on the counter
- ☐ I want my caregiver or family to remind me
- ☐ I just need something simple I can open myself

** [KATS Network](#) is a good place to start your search



Mixing It Up? Not with Medicine.

Cold medications, allergy pills, vitamins, energy drinks — they don't always play nice together. Know what you're taking before you take it.

If you already take a prescription medicine and you feel sick (like you have a cold or headache), what should you do before taking something new from the store?

Write or draw your answer:



Who could you ask if you aren't sure whether two medicines are safe to take together?

- ☐ A doctor or nurse
- ☐ A pharmacist at the drugstore
- ☐ A friend or family member
- ☐ I'm not sure — but I could ask _____