

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

Your Medicine Cabinet

Keep it properly stocked

America's medicine cabinets contain a growing choice of non-prescription, over-the-counter (OTC) medications used to fix many ailments. When it comes to medicines, however, more does not necessarily mean better. When was the last time you cleaned out your medicine cabinet?

Is it Time for a Medicine Cabinet Checkup?

A jumble of lotions, ointments, and half-empty pill bottles – that's what you'll find in a typical family's medicine cabinet. How good are you about cleaning out your own cabinet? How old are those bottles? Is everything still in its original container? How safe is it?

Here are four suggestions on keeping your medicine cabinet up-to-date and organized, making it much safer for everyone:

- Set up a recurring appointment on your calendar so you start to regularly go through and clean it out.

- Keep it clean. Drug labels specify that medications should be kept in a cool, dry place.
- Review the expiration dates on all your medication containers. Throw out any that have expired.
- Keep all OTC drugs in their original containers to prevent someone from taking the wrong medications. If some are no longer in their original container, throw them out.

Stocking Your "Home Drug Store"

Besides keeping your medicine cabinet current, you may have questions about what exactly should be kept in it. After all, there are some things you use all the time, while others may never be used at all.

Keeping a few basic medications on hand is a simple and effective way to provide home care for your family. The following items listed will help you through

most minor illnesses or injuries:

- Pain relievers and fever reducers, such as acetaminophen or ibuprofen
- Decongestants and antihistamines
- Cough suppressants and expectorants
- Sore throat lozenges
- Antacids
- Anti-diarrheal medications
- Laxatives
- Antibiotic and anti-fungal skin creams
- Bandages and antiseptic cream or spray
- Electronic thermometer



Remember...

Carefully follow the instructions when you use any over-the-counter medication or home health care items. If your home care regimen does not work, be sure to contact your doctor.