

Township of Manalapan

BOARD OF HEALTH

120 Route 522 · Manalapan, NJ 07726 · 732-446-8345 · Fax 732-446-1576

Website: www.mtnj.org



October is **TALK ABOUT PRESCRIPTIONS MONTH**

How can you prevent prescription medicine abuse? Know your facts and promote safe use!

It is important to familiarize yourself with your prescriptions and have the knowledge you need to consume medication. Before taking the medication, you should find out what the purpose of the medication your taking is, what the proper dosage is, if there are any foods you should avoid while on the medication, and what you should do if you miss a dosage. Make sure you take the right medicine, with the right dosage, at the right time.

The National Council on Patient Information and Education recognizes October as *Talk About Prescriptions Month*.

Important steps to take:

- **FILL ALL PRESCRIPTIONS AT SAME PHARMACY:** It is important to fill prescriptions at the same pharmacy because they have record of all the medications you are taking. This enables the pharmacist to be a partner in making sure drug interactions and/or duplicate therapy is prevented.

- **FINISH ALL THE MEDICATION PRESCRIBED:** You should finish all the medicine prescribed to you, even if you are feeling better. Just because you feel like the bacteria or virus is out of your body, some may still survive, replicate, and cause the infection to reoccur.
- **KEEP YOUR MEDICATION TO YOURSELF:** Do not share your medication with anyone else or take anybody else's medication. Medications are prescribed to specific individuals under certain conditions. Medicine dosage is based specifically on an individual's age, weight, allergies, and other medications he or she may be taking. Failure to adhere to these guidelines may result in toxic drug interactions, under-dosing, or overdoses.
- **ORGANIZE YOUR MEDICINES:** It is a good idea to keep all of your medications in their original containers so they are correctly marked and identified. You should keep them in the same place to help keep track of the time you're supposed to take each one.
- **PROPERLY DISPOSE:** Old or unused medications should be properly thrown away to prevent confusion with other medicine. Manalapan Township has a drug drop off box for prescription disposal located in the lobby of the Manalapan Township Municipal Building. Labels must be removed and caps must be tightly secured on bottles. Needles, trash, and liquids are not permitted.

For more information contact the Manalapan Township Health Department:

Hours:

Monday-Friday, 8:30 a.m. – 4:30 p.m.

Location:

Manalapan Town Hall
120 Route 522 & Taylors Mills Road, Manalapan, NJ 07726

Phone: (732) 446-8345

Fax: (732) 446-1576