

TAKE CHARGE OF YOUR CARE.

EXCEEDING THE RECOMMENDED DOSAGE

CAN DO MORE THAN WIPE OUT YOUR PAIN.

JUST ASK YOUR MAJOR ORGANS.



THE MISUSE OF OVER-THE-COUNTER DRUGS CAUSES 178,000 HOSPITALIZATIONS A YEAR.

Over-the-counter (OTC) drugs are just as serious as prescription drugs. Obey this checklist:

Always read and follow directions on product labels.



Avoid taking more than one medication with the same active ingredients.



Stop use and ask a health care professional if you experience any side effects.

United Health Foundation and the FOOD AND DRUG ADMINISTRATION (FDA) believe that the more you know, the healthier you will be. Which is why we partnered to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and other important topics, visit UHFtips.org.



United Health Foundation



U.S. Department of Health and Human Services



Food and Drug Administration