



Keeping your medication in one place can make it easier for you to remember to take it.

Having all of your medicines in the same area:

- Helps you establish a routine
- Keeps you from getting confused
- Helps keep the medicine out of the hands of children or anyone who may use the medication wrong
- Encourages proper storage—medicines should be kept in a dry, cool place
- Makes it easier to keep track of when medicines expire and when you need to refill them

Here are some things to think about as you're choosing a place to store your medications:

- Be sure to choose a place that is dry and cool.
- Pick a spot that you will see on a daily basis to lower your chances of missing a day or more of doses.
- If you take more than one medication—especially if you take them at different times of day—try to choose a place that you pass often throughout the day.
- Store your medicine in a safe place, away from children and pets.