

# MEDICATION SAFETY: HINTS FOR ORGANIZATION

- Always keep medication in the original bottle or container.
- Organize your medications in alphabetical order.
- Separate your medications by location: keep breakfast pills in the kitchen and evening pills in the bedroom.
- Store duplicate medications in a separate location.
- Separate medications that you use infrequently from those that you take every day.
- Keep all medications away from excessive sunlight, heat, and humidity, such as in the bathroom or on a windowsill in your kitchen.
- Maintain a listing of your current medications and dosages. Include all vitamin supplements and over-the-counter medicines.
- Dispose of old or outdated medications promptly.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at [VisionAWARE.org](http://VisionAWARE.org), a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

**AWARE**  
P.O. Box 96  
Mohegan Lake, NY 10547  
914-528-5120

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