

# Health Hints

## Medicine Cabinet Makeover: Stocking Up On What You Need

(NAPSA)—This year, Americans will suffer from approximately 1 billion colds. In order to be prepared and avoid last-minute trips to the pharmacy, it is important to have a well-stocked medicine cabinet.

Every cabinet should have:

- Pain relievers
- Fever reducers
- Expectorants
- Decongestants
- Antihistamines
- Stomach remedies
- A thermometer.

According to the U.S. Food and Drug Administration (FDA), families should clean out their cabinets once a year and replace medications before they expire. It is important to check labels regularly to avoid taking a medication that has expired.

### Safe Storage

For your family's safety, leave medications in their original packaging, separate over-the-counter (OTC) products from prescriptions and store kids' medications away from adult products. Furthermore, all medications should be kept out of the reach of children and securely sealed. It is also important to keep medicines in a cool, dry place when stated on the label. Medicines should not be kept in places where heat and moisture can alter their effectiveness.

### Family Records

According to the Centers for Disease Control and Prevention (CDC), every household should keep a list of all prescription and OTC medications including how much you take and when. Include vitamins and supplements and share this list with your doctors, as necessary.



**Clean your medicine cabinet once a year to help keep your family safe and healthy.**

### Cold Symptom Relief

With a well-stocked medicine cabinet, you can be prepared to provide symptom relief at home. For example, over-the-counter medications such as Mucinex<sup>®</sup> D (expectorant and nasal decongestant) may help provide temporary relief of chest/nasal congestion and sinus pressure. Mucinex<sup>®</sup> DM (expectorant and cough suppressant) may help control cough and provide temporary relief of chest congestion. Both last for 12 hours. Don't self-diagnose or take medications prescribed for someone else. Talk to your doctor or pharmacist about the best symptom relief options at the onset of your illness.

### Follow Directions

When you do take medicine, be sure to follow the directions. Take your medicines exactly as prescribed or as stated on the label. Read the label every time to ensure proper dosing.

For more information, visit [www.Mucinex.com](http://www.Mucinex.com).