

Keep medicine mighty with smart storage

ANCHOR LEDE

As you do spring cleaning, take a look at how you're storing your medicine.

TAKE VO

Brian Laird, a pharmacy manager at OSF HealthCare, says you should look at the label for instructions. But generally, avoid hot, cold or humid rooms. If your meds look damaged, call the pharmacy to see if they need to be replaced.

Also, don't leave the pills laying loose on the counter. A "by day" container is a good option.

SOT

Brian Laird, PharmD

OSF HealthCare pharmacy manager

"Medication doesn't work if you don't take it. So, if you forget [to take it] because it's out of your routine, it's not going to be effective. It's better to have it in a place that's less than ideal, but you take it than the ideal storage location, but you never remember to take it." (:14)

VO TAG

And that cotton ball or silica packet in your pill bottle? They are there for a reason, and you don't have to rush to throw them away.