



Poison Prevention Month

Many everyday things can be poisonous and harmful to our health if we're not careful. This month, learn about the various types of poisoning and the best ways to prevent it.

Safety Tips to Reduce the Risk of Poisoning By Health Advocate

This week is National Poison Prevention Week, an ideal time to make sure that you have taken the proper safety measures at home to reduce the risk of poisoning.

The following tips, recommended by SafeKids.org and Kidshealth.org, can help you reduce the risk of children being poisoned in your home.



[Learn More](#)

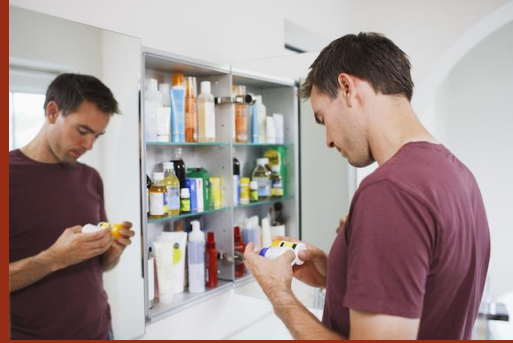


Top Tips to Keep Your Food Safe and Avoid Illness By Health Advocate

Unfortunately, the food we eat to sustain and nourish ourselves and our families sometimes has the potential to make us sick.

In recognition of National Food Safety Education Month, now is a great time to brush up on a few easy ways to reduce your risk of contracting foodborne illnesses and continue to enjoy the foods you love:

[Learn More](#)



4 Things You Should Know About Prescription Drug Safety By MeMD

If your doctor prescribes you any type of medication, it's important to understand its intended use as well as dosing instructions and potential side effects.

No matter what type of medication you've been prescribed, you'll want to make sure that you're using it safely, and that means following the essential guidelines discussed below.

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Video: Alternatives to Plastic By HealthDay



4 food containers you may want to try

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