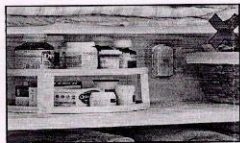# Drugs and Food Control Organization J&K (Jammu)

## Advisory for Consumers of Medicines

- Procure your Medicines only from Licensed Retail Pharmacies (Chemist Shops). →



- Insist on obtaining Bill / Cash Memo or Invoice for your Medicine as this is your major guarantee against spurious/ counterfeit drugs →



- Store your medicine as per label claims preferably in cool, dry and dark places

- Your medicine can expire well before the date of expiry if it is not properly stored. Kitchen & Wash room Cabinets are not the appropriate storage places. →



- Donot Take Alcohol or other alcoholic brewages with the medicines or drugs →



- The Medicines prescribed for you are meant for you only. Don't Offer them to others even if symptoms of any health problem are similar

- Keep all the medicines out of reach of Children. →



- When the medicines are being prescribed by the doctor, understand the dosage and frequency of medicine intake properly. It should also be understood whether the medicine is to be taken before or after the meals.

- Avoid Self Medication to prevent Antibiotic Resistance. →



NO SELF-MEDICATION: SIMPLY SAFE, SURELY BETTER

- Please refer to Pharma Secure Code being mentioned by leading manufacturers on certain brands to cross check authenticity of such products. →



- At the time of Purchase don't forget to refer to "Pharma Sahi daam" App. This can help you to save yourself from profiteering & hoarding by some scrupulous Manufacturers. →



Pharma Sahi Daam
Android App Medicine

- While taking out the medicine from the strip, the strip should be cut in such a way that the name and expiry date printed thereon can be read clearly during the next dispensing

- Continue to take the antibiotics for the entire duration as per doctors advise even after recovery from the illness, otherwise the infection may reoccur

- Keep track of " Stop Use / Alert Notices " being published in local daily Newspapers of our State regarding Medical Products found not of acceptable quality. This can help to prevent further use of such products. →



- Purchaser may get the Drug Tested Any Person (or any recognized Consumer Association, whether such person is a member of Association or Not) shall, on application in the prescribed manner and on the payment of the prescribed fees be entitled to submit for test /analysis to a government test analyst any drug (or cosmetic) (purchased by him or it) and to receive a report of such test/analysis signed by the Government Analyst. →