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Circles of Care

Tips for Picking Up Prescriptions

An older adult may need you to pick up a prescription at a pharmacy. There are some special to keep in mind:

General Safety Precautions

Protect your safety and that of others.

- Always maintain a distance of 6 feet or more (1 ½ arm lengths) from all persons.
- Don't shake hands.
- Don't enter the home of the individual you are helping. Place deliveries at the door, knock, ring or text then step back.
- Wash your hands for 20 seconds with soap and warm water before and after each visit.
- Carry envelopes in your vehicle for transfer of receipts and cash.
- Sanitize hands and surfaces before and after any exchanges.

How to Make a Bleach Solution

Be sure to read and follow all precautions on the manufacturer's label on the bleach container. Use only unscented bleach that contains sodium hypochlorite.

To make a bleach solution to sanitize your hands:

- Mix ½ to 1 teaspoons bleach with 1 quart of room-temperature water.
- Soak a cloth with the diluted bleach solution.
- Place cloth in a zip lock bag.
- Label the bag: Hand Cloth
- Wipe hands and between the fingers with the cloth thoroughly. Allow to air dry.
- One cloth lasts 24 hours before it must be replaced with a new soaked cloth.
- Discontinue use if you experience a hand rash or irritation.

To make a bleach solution to sanitize hard surfaces such as door knobs, handles, steering wheels:

- Mix 1 to 2 teaspoons bleach with 1 quart of room-temperature water.
- Soak a cloth with the diluted bleach solution.
- Place cloth in a zip lock bag. Label the bag: Surface Cloth.
- Wipe surfaces such as door knobs, handles, steering wheels with cloth. Allow to air dry.
- One cloth lasts 24 hours before it must be replaced with a newly soaked cloth.
- Discontinue use if you experience a hand rash or irritation.

Picking up Prescriptions

- You can pick up a medication for a recipient as long as the recipient calls the pharmacy ahead of time and gives them your name. Be ready to show a photo ID.
- Be sure you have the prescription names and necessary insurance information.
- Double check prescriptions before leaving the pharmacy.
- We suggest you ask the pharmacist to seal/staple the bag shut before leaving the pharmacy.

Paying for a prescription

- Have a clear plan before you leave for the pickup.

Delivering the prescription

- Deliver the prescription to the person.
- **Never dispense the medication to the individual.**