

Protect your medicines from the summer heat

By Jessica Stoller-Conrad, NPR

As record-breaking temperatures sweep the nation, it's hard to keep anything cool, especially if the power goes out.

And, try as you might, it's hard to find health products – from prescription drugs to over-the-counter pain relievers – that don't caution against storage in high temperatures.

The labels on many products specify storage at room temperature. What does that mean? Well, the Food and Drug Administration has told its inspectors that 75 to 77 degrees is the sweet spot.

Though the future may bring medicines that are resistant to heat, we wondered: What happens if you can't keep medicines at the recommended temperature?

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