

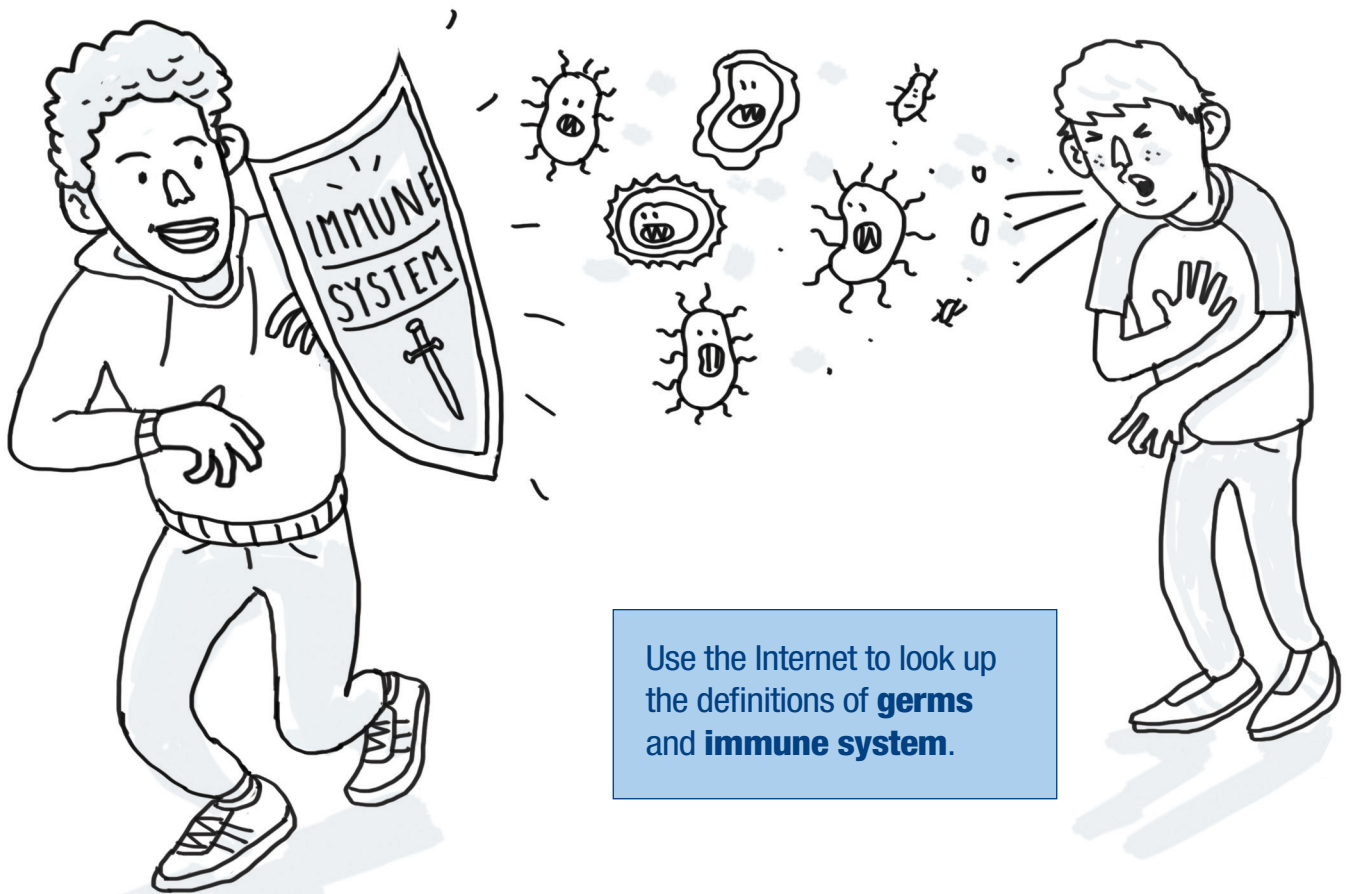
# Learn to be **smart and safe** with medicine



**Early Education is the Best Medicine**  
**SmartMovesSmartChoices.org**

# How Medicine Can Help You Feel Better

- When you take medicine the right way, it sometimes can help you feel better, or even prevent you from getting sick in the first place. These good things are called benefits.
- When kids get sick, the illness often comes from **germs**, such as bacteria and viruses, that get into the body.
- The body's **immune system** tries to fight off the infection caused by the germs.
- In some cases, the right kind of medicine can help kill the germs and help the person feel better when they are feeling sick.



Use the Internet to look up the definitions of **germs** and **immune system**.

# The Benefits of Medicine

**Medicine can fight illnesses and relieve symptoms.**

For example, **antibiotics (an-ty-by-AH-tiks)** are a type of medicine that kids sometimes take to kill germs like streptococcal bacteria that cause strep throat.

Some medicines help **symptoms—like aches and pains and runny noses—**go away.



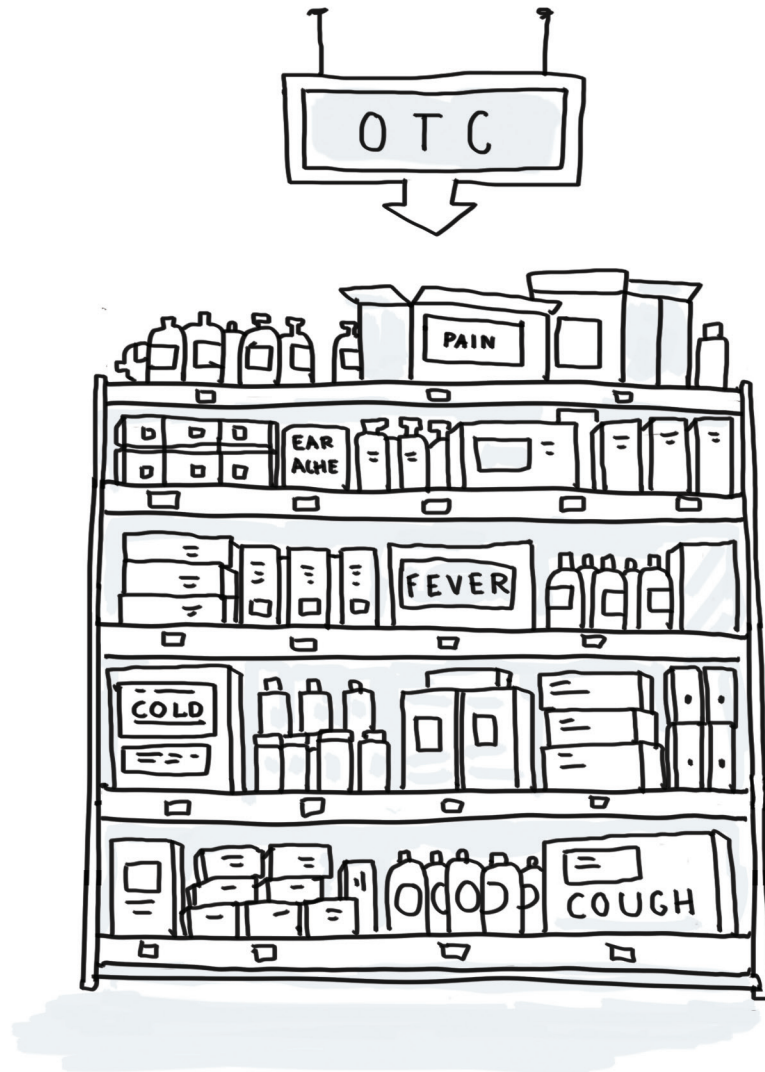
**Some medicines can help prevent you from getting sick.**

**Vaccines (vak-SEENS)** are medicines that help people from getting sick in the first place. Usually they are given as a shot and can help people from catching illnesses like chicken pox, measles, mumps or the flu.



# Learning About Over-the-Counter (OTC) Medicines

- OTC medicines are bought right off the shelf in a store, without a prescription from a doctor or other healthcare professional.
- They treat many different symptoms and illnesses like aches and pains, coughs and colds, allergies and itches.
- It's important to **read the label** and always follow the directions and safety information **before taking an OTC medicine**—especially because many OTC drugs are taken without seeing a doctor.



**Parents:** Next time you are in the store with your child, ask the pharmacist to explain the difference between OTC and Rx medications.

# Learning About Prescription (Rx) Medicines

- Rx medicines are prescribed by a doctor for a **specific use** and can be bought in a pharmacy.
- Rx drugs are meant to be **used by one person** only. Never share them with family or friends.
- It's important to follow the specific **dosage instructions** (when, how much and how you should take).
- Always **read the directions** and safety information before you take an Rx medicine.
- Only take an Rx medication that was prescribed for you.
- Only take an Rx medication from a parent or a grownup you know and trust.

**The doctor or pharmacist can give you instructions for safe use and answer questions about OTC and Rx medications.**



# Read the Label

It is important to read the label EVERY TIME before you or someone in your family takes medicine.

## Sample Over-the-Counter (OTC) Label

Every OTC label has the same information sections to make it easier to read and understand.

### Drug Facts

<b>Active ingredient (in each tablet)</b>	<b>Purpose</b>
Chlorpheniramine maleate 2 mg.....	Antihistamine

**Uses** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:  
 ■ sneezing ■ runny nose ■ itchy watery eyes ■ itchy throat

**Warnings**  
**Ask a doctor before use if you have**  
 ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis  
 ■ trouble urinating due to an enlarged prostate gland

**Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives**

**When using this product**  
 ■ drowsiness may occur ■ avoid alcoholic drinks  
 ■ alcohol, sedatives, and tranquilizers may increase drowsiness  
 ■ be careful when driving a motor vehicle or operating machinery  
 ■ excitability may occur, especially in children

**If pregnant or breast feeding, ask a health professional before use.**  
**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

<b>Directions</b>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 2 tablets every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

**Other information** store at 20-25° C (68-77° F) ■ protect from excessive moisture

**Inactive ingredients** D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

### 1. Active Ingredient/Purpose

This section tells you what ingredient makes the medicine work, how much of it is in each dose and the purpose of this ingredient.

### 2. Uses

This section lists the symptoms or diseases the medicine will treat.

### 3. Warnings

This section tells you:

- when not to use the medicine
- when to speak with the doctor before taking
- when you shouldn't use the medicine at all
- what you shouldn't do while taking the medicine
- side effects the medicine may cause (such as getting drowsy/sleepy)
- to keep out of reach of children

### 4. Directions

This section tells you how to safely use the medicine, including:

- how to use it
- how much to use
- how often to take it (how many times a day or hours apart)
- how long you can use it

### 5. Other Information

This section tells you how to store your medicine when you are not using it.

### 6. Inactive Ingredients

These ingredients add colors or flavors or help the medicine last longer.

# Knowledge Quiz

## Can you read the OTC label?



<b>Drug Facts</b>	
<b>Active ingredient (in each tablet)</b> Chlorpheniramine maleate 2 mg.....	<b>Purpose</b> .....Antihistamine
<b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: <input type="checkbox"/> sneezing <input type="checkbox"/> runny nose <input type="checkbox"/> itchy watery eyes <input type="checkbox"/> itchy throat	
<b>Warnings</b>	
<b>Ask a doctor before use if you have</b> <input type="checkbox"/> glaucoma <input type="checkbox"/> a breathing problem such as emphysema or chronic bronchitis <input type="checkbox"/> trouble urinating due to an enlarged prostate gland	
<b>Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives</b>	
<b>When using this product</b> <input type="checkbox"/> drowsiness may occur <input type="checkbox"/> avoid alcoholic drinks <input type="checkbox"/> alcohol, sedatives, and tranquilizers may increase drowsiness <input type="checkbox"/> be careful when driving a motor vehicle or operating machinery <input type="checkbox"/> excitability may occur, especially in children	
<b>If pregnant or breast feeding</b> , ask a health professional before use. <b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.	
<b>Directions</b>	
adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
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children under 6 years	ask a doctor
<b>Other information</b> store at 20-25° C (68-77° F) <input type="checkbox"/> protect from excessive moisture	
<b>Inactive ingredients</b> D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	

### Use the OTC label to answer the following questions:

What is the active ingredient? \_\_\_\_\_

Name two uses for this medicine: \_\_\_\_\_

Name two warnings for this medicine: \_\_\_\_\_

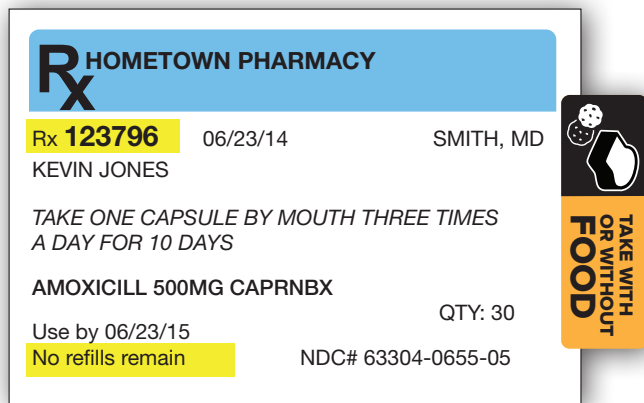
What would be the correct dosage for you? \_\_\_\_\_

What would be the correct dosage for your grandmother? \_\_\_\_\_

Name two inactive ingredients: \_\_\_\_\_

# Understanding an Rx Label

The Rx label is found on any prescription drug that is prescribed by the doctor and bought at the pharmacy.



## The Rx label will include:

- The name and phone number of the pharmacy
- The Rx number
- The date the prescription is filled
- The name of the doctor
- The name of the person the prescription is intended for
- The name/strength of the medication
- The expiration (use by) date
- The amount of pills
- The dosage instructions (how to use)

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## Knowledge Quiz

### Can you read the Rx label?

Who is the person this drug is prescribed for? \_\_\_\_\_

How often should this person take it? \_\_\_\_\_

Does this medicine have refills? \_\_\_\_\_

In how many days will this person be finished with this prescription? \_\_\_\_\_

Should this person take this medicine with food? \_\_\_\_\_

What is the expiration date of this medicine? \_\_\_\_\_

Can this medication be shared with someone who has the same symptoms as this person? \_\_\_\_\_





# Safe Use of Medicines

## 3 Things to Remember



**1.** It's dangerous to take someone else's medicine or to share your medicine with a friend.



**2.** Never take medicine from a stranger.



**3.** Only take medicine from a parent or a grownup you know and trust.

Name some grownups you can trust to give you medicine:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Name some people you should not take medicine from:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Knowledge Exercise

## Handling Tough Situations

Imagine that you hurt your knee playing soccer. You tell your friend that you are in a lot of pain and he says, "Here, take this medicine, it will help," and offers you an Rx pain medicine that he took from his mom's medicine cabinet. He tells you it will make you feel better.



Should you take the medicine? \_\_\_\_\_

Why or why not? \_\_\_\_\_

### Take Action

What are some ways you can say "no" to your friend either with words or just with your body language?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Get Support

Who can you talk with to get extra support to help deal with this situation?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Who can you ask for help with your hurt knee?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Stay Out of the Medicine Danger Zone

**It is unsafe for kids to do any of these things:**

- Take someone else's medicine
- Take medicine from anyone other than a parent or trusted grownup
- Take medicine without reading the label first
- Share medicine with anyone, including siblings or friends
- Take medicine when you don't need it, to feel good or "get high"



**What Can Happen in the Medicine Danger Zone:**

- End up in the hospital
- Hurt yourself very badly
- Possibly even die



**Name 3 things you can do to stay out of the medicine danger zone:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I am going to share these facts I learned about being safe with medicines with my family:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# Learn to be **smart** and **safe** with medicines

Your name: \_\_\_\_\_

Topics covered in these workbooks are based on some of the standards provided by the CDC's Health Education Curriculum Analysis Tool (HECAT) Module on Alcohol and Other Drugs. To learn more about the standards, visit [www.cdc.gov/healthyyouth/hecat/](http://www.cdc.gov/healthyyouth/hecat/).



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For more tools and information, visit  
**SmartMovesSmartChoices.org**

