

OTC MEDICINE SAFETY PRE-ASSESSMENT

TYPES OF MEDICINE

What type of medicine is best described by each statement below?

Q1. This is medicine a doctor orders for you, and is available only from a pharmacist. *Check only one.*

- Prescription medicine
- Over-the-counter (OTC) medicine
- Not sure

Q2. This is medicine bought in a drugstore, pharmacy, or supermarket without having to get a doctor's permission. *Check only one.*

- Prescription medicine
- Over-the-counter (OTC) medicine
- Not sure

PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.

Q3. Please check one answer per row.	True	False	Not Sure
If you use a household or kitchen spoon to measure liquid medicines, you can be sure you will get the right dose.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can't be harmed by over-the-counter medicines. After all, you can buy them without a doctor's prescription.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to take two medicines with the same active ingredient at the same time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to use someone else's prescription medicine if you have the same symptoms he or she had when he or she got it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to take your leftover prescription medicine later if you get sick again.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to take more medicine than what is directed on the label if you are very sick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In a medicine, an active ingredient is what relieves a person's symptoms.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The <i>Drug Facts</i> label tells you what symptoms the medicine treats.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The <i>Drug Facts</i> label gives you the dosage information (how much medicine to take).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.

Q4. Please check one answer per row.	True	False	Not Sure
A pharmacist can answer questions about over-the-counter medicines.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All medicines have an expiration date.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Children should not use prescription medicine without the permission of their parent or a trusted adult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine should be kept in a place where children can't reach it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OTC MEDICINE SAFETY PRE-ASSESSMENT CONTINUED

<i>Q4. Please check one answer per row.</i>	True	False	Not Sure
If you and your friend are the same age, it will be safe for you to take the same dose of an over-the-counter medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription medicine cannot be bought without a doctor's permission.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.

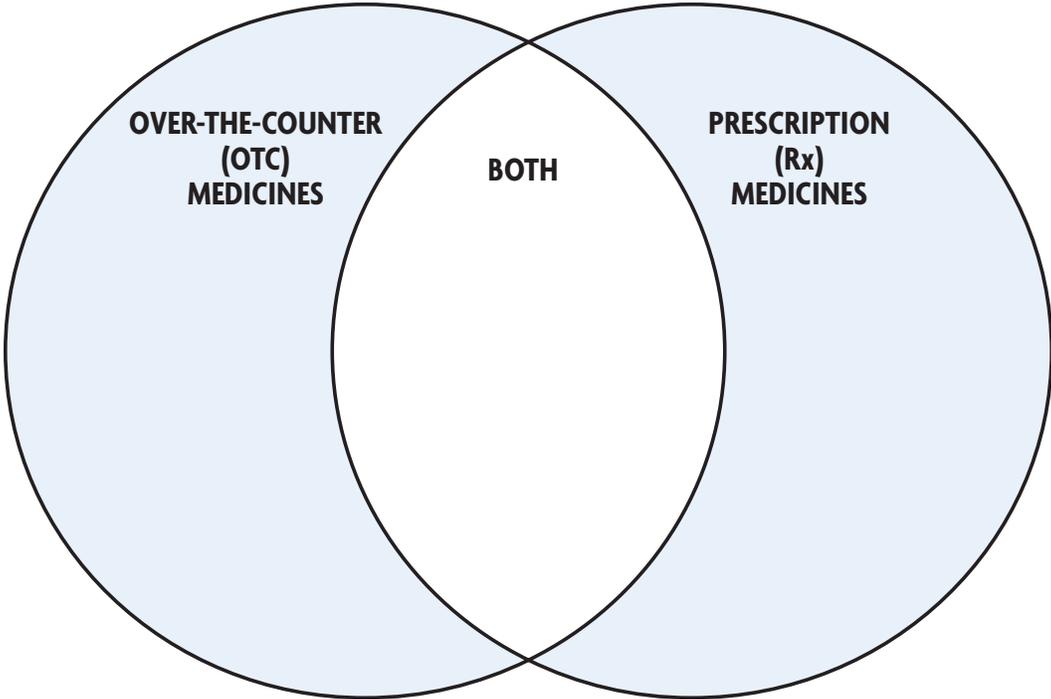
<i>Q5. Please check one answer per row.</i>	True	False	Not Sure
Children over 12 can take over-the-counter medicine without a parent's permission if they carefully read the label.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine should be stored in the container it came in.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
One gulp from a bottle of liquid medicine is exactly one tablespoon of medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over-the-counter medicines can be dangerous when misused.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription medicine can be found on the shelves in some stores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prescription medicine is meant to be used by one person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PLEASE LET US KNOW IF YOU THINK THE FOLLOWING STATEMENTS ARE TRUE OR FALSE.

<i>Q6. Please check one answer per row.</i>	True	False	Not Sure
The local poison center is a good place to call if someone has taken too much medicine.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicine should be kept on the kitchen counter so you remember to take it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking more medicine than directed will help you feel better faster.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking more than one medicine with the same active ingredient will help you feel better faster.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you have questions about an over-the-counter medicine you have not taken before, you should ask a friend who has taken it before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can call the poison center even if it isn't an emergency.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Compare Over-the-Counter vs. Prescription Medicines

Directions Sort the statements by number in the correct place in the Venn diagram.



About Medicines: Rx, OTC, or Both?

- | | | | |
|---|--|--|---|
| <p>1. Children should use only with permission of a parent or trusted adult.</p> <p>2. Should only be used by the person for whom the medicine was ordered.</p> | <p>3. Prescribed by a doctor or nurse practitioner for one person.</p> <p>4. The medicine label, including the directions, must be read and followed carefully before use.</p> | <p>5. Can buy without a doctor's prescription.</p> <p>6. Dangerous to misuse or abuse.</p> | <p>7. A health care professional or your local poison center can answer questions about this medicine.</p> |
|---|--|--|---|

Circle whether the following statements describe a prescription medicine or an over-the-counter medicine, or whether there is not enough information to decide.

- 1.** A pill for lowering cholesterol is in a bottle labeled with the names of the patient and the doctor.
 Rx OTC Not enough information
- 2.** An antibiotic ointment is used to treat an infection in a wound.
 Rx OTC Not enough information
- 3.** Several family members use a cough syrup purchased at the supermarket.
 Rx OTC Not enough information

Did you know? On average, poison-control centers manage almost 650,000 medicine-exposure cases involving children, tweens, and teens each year.¹

¹Source: American Association of Poison Control Centers' National Poison Data System.

Using the Drug Facts Label

Directions Think about the discussions you've been having in class about over-the-counter (OTC) medicines and the issues that can arise from not reading and understanding the *Drug Facts* label. Use the sample label on the medicine box pictured here in order to answer the questions below. Write your answers on the back of this sheet.

Think It Through

1. Are there any side effects associated with the use of this medicine?
2. According to this label, what are some reasons that someone might have to contact a doctor before or after giving this medicine?
3. What section of the label would you refer to in order to determine the correct dose?
4. Why do you think the sections of the Drug Facts label appear in this order?
5. What text features are used to make the label easy to understand?

Drug Facts

Active ingredients	Purpose
Medicine 100 mg	cough suppressant
Medicine 150 mg	nasal decongestant

Uses Temporarily relieves:

- coughing due to minor throat and bronchial irritation
- nasal congestion

Warnings

Do not use if you have ever had an allergic reaction to this product or any of its ingredients.

Ask a doctor before use if you have liver or kidney disease. Your doctor should determine if you need a different dose.

When using this product

- you may get drowsy
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

Stop use and seek medical help right away if allergic reaction occurs.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away (800-222-1222).

Directions

- Tablet melts in mouth. Can be taken with or without water.

Age	Dose
adults and children 12 years and older	2 tablets every 12 hours; do not use more than 4 tablets in a 24-hour period
children 6 years to under 12 years	1 tablet every 12 hours; do not use more than 2 tablets in a 24-hour period
children under 6 years of age	ask a doctor

Other information

- store at 20°–25°C (68°–77°F) ■ keep dry

Inactive ingredients

anhydrous citric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no. 10

Questions or comments?

Call weekdays from 9 a.m. to 5 p.m. EST at 800-555-5555.

This is not an actual *Drug Facts* label.

Did you know? Poison control centers are staffed with experts, including doctors, nurses, and pharmacists who can help answer questions about medicines or provide help over the phone if you come into contact with a poison. Calls are free and private.

Use the Drug Facts label on OTC medicines to find each of the following. Write the name of the medicine in the appropriate box.

A Drug Facts label that includes a warning about allergic reactions

A medicine that should be taken every 4 to 6 hours

A Drug Facts label that instructs you to ask a doctor before use

A medicine used to relieve minor aches and pains

A medicine that you may not want to take if you need to be alert for a soccer game

A Drug Facts label that has different instructions for adults and children under 12

A medicine that should not be stored near a shower

A Drug Facts label that lists more than one active ingredient

A medicine that should be taken every 8 hours

A Drug Facts label that includes a sore throat side effect warning

A medicine that should be kept out of the reach of children

A medicine used to relieve heartburn

A Drug Facts label that provides the dosage in milligrams

A Drug Facts label that includes the Poison Help number (1-800-222-1222)

Two medicines that should not be taken at the same time

A medicine that you should not take if you are allergic to corn

Accurate Medicine Dosing

Directions Below is a sample dosing table for an over-the-counter (OTC) medicine, similar to the information you can find on a *Drug Facts* label. Use the table and your knowledge about medicine safety to answer the questions below.

Children under 6 years of age	Ask a doctor
Children 6 to under 12 years of age	<ul style="list-style-type: none"> • 2.5 mL (½ teaspoonful) two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not give more than 5 mL (1 teaspoonful) in 24 hours.
Adults and children 12 years of age and over	<ul style="list-style-type: none"> • 5 mL (1 teaspoonful) two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not take more than 10 mL (2 teaspoonfuls) in 24 hours.
Adults 65 years of age and over	<ul style="list-style-type: none"> • 5 mL (1 teaspoonful) two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not take more than 10 mL (2 teaspoonfuls) in 24 hours.

Think It Through

1. Olivia is 13 years old. Yesterday, she took her first dose of medicine at 9 a.m. and took a second dose at 9 p.m. She wakes up at 5 a.m. because she is still not feeling better. She talks to her parents and says she should take another dose of medicine since a new day has started. Explain the error in Olivia's reasoning. Use evidence to support your answer.

2. Miguel is 11 years old. He and his parents are reading the directions in the dosing table above. Miguel says that since it is safe to take 2.5 mL twice a day, then he can take 5 mL once a day instead. Explain the error in Miguel's reasoning. Provide facts to support your answer.

3. Khadijah is reading the dosing table with her grandmother in the kitchen. Khadijah's grandmother says that the dosing cup that came with the medicine is in a cabinet upstairs. Khadijah says that they can use a household kitchen spoon to measure 1 teaspoonful of medicine instead. Explain the error in Khadijah's reasoning. Provide facts to support your answer.

Did you know? Nearly 90,000 kids annually, ages 19 and under, need medical help due to medicine mistakes or misuse.

According to the AAPCC National Poison Data System query parameters: 2011–2018 annual average, ages 0–19, all unintentional and intentional misuse reasons for pharmaceutical exposure, cases en route to a health care facility or treatment recommended by specialist in poison information, all outcomes.

Is It Stored Safely?

Directions Circle the six medicine storage errors in this picture. On the back of this sheet, describe safe storage solutions for the medicines pictured below to help make this home safer.

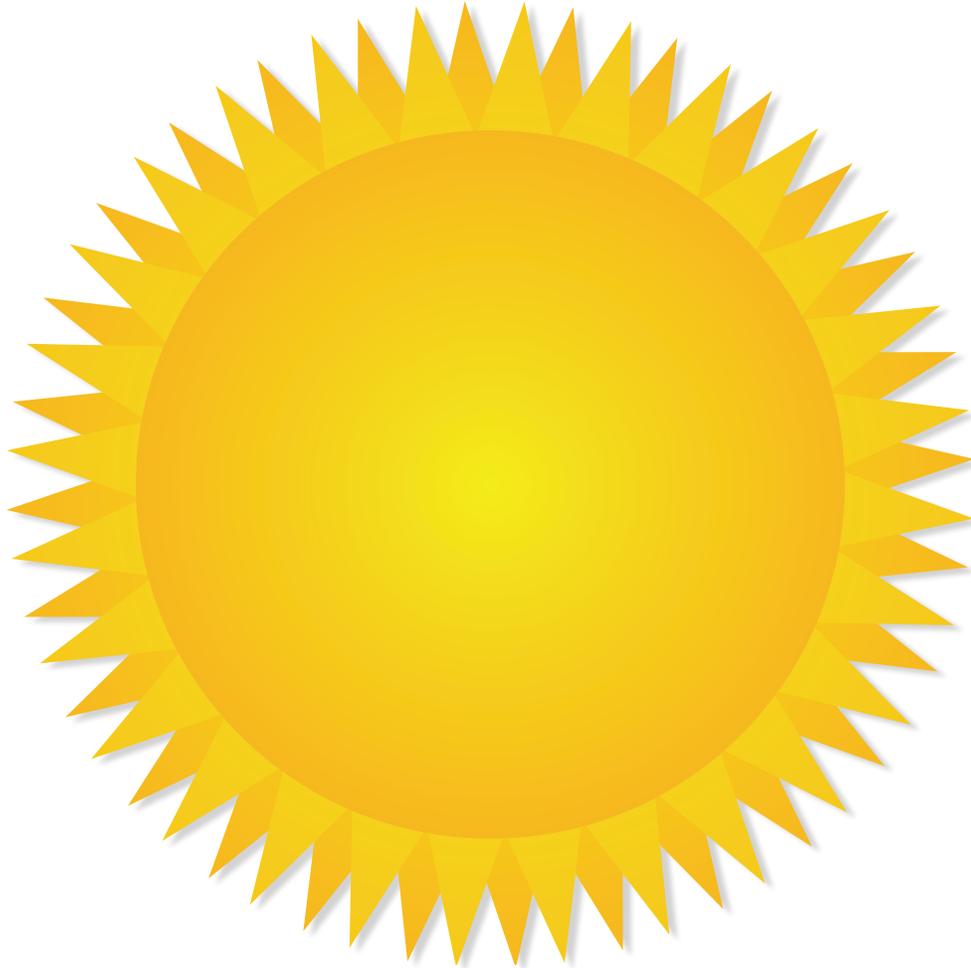


ANSWERS: 1. bottle of cough medicine on the counter and a teaspoon with a trace of medicine visible on spoon (should be put up and away); 2. medicine left out on the nightstand with dosage cup; 3. allergy medicine next to vase; 4. toiletry bag hanging low from doorknob inside closet; 5. medicine bottles visible and accessible inside kitchen cabinet below kitchen sink; 6. open purse with multivitamin bottle sticking out of the top.

Test your knowledge of medicine safety at [ymiclassroom.com/video/jj-safestorage](https://www.ymiclassroom.com/video/jj-safestorage).

LESSON 4

USE VS. MISUSE

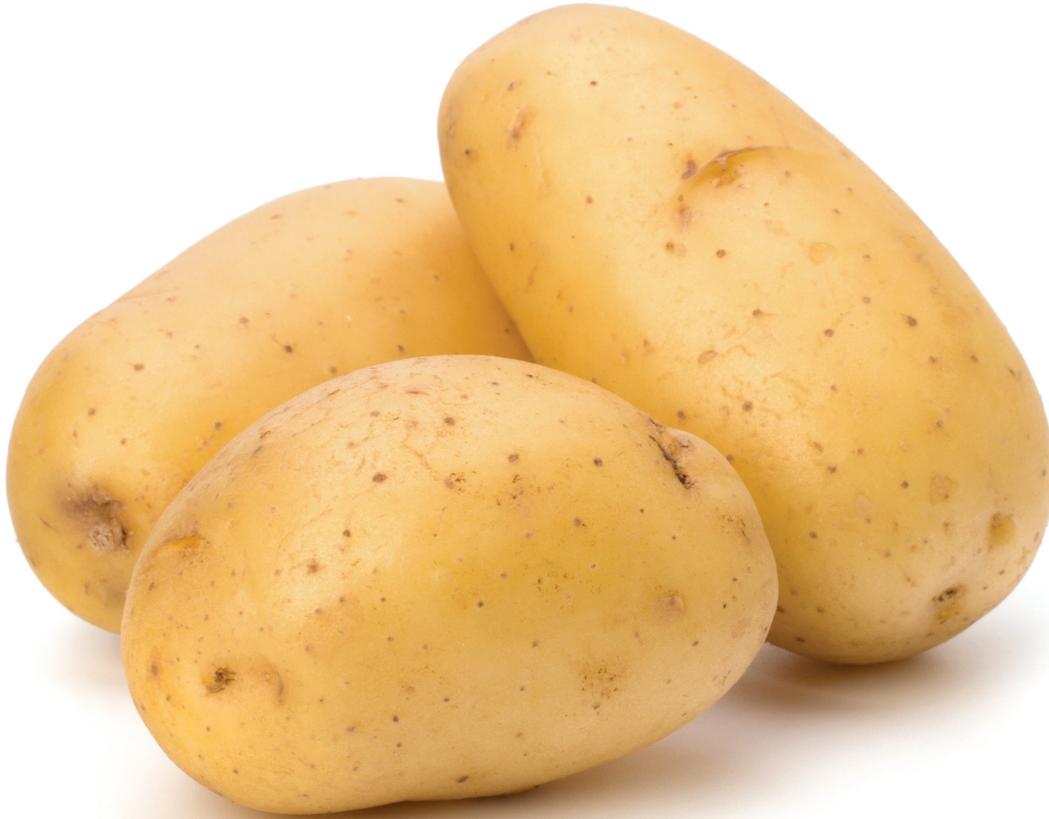


ANSWER Fifteen minutes of sun per day is essential for maintaining a healthy level of vitamin D, which promotes the retention of calcium, mostly in your bones. Calcium is very important in the development of your bones and in strong teeth. Too much sun, however, may cause cancer and skin damage. To protect against damage from the sun's rays, it is important to avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest; wear protective clothing; and use a sunscreen with an SPF of 15 or higher, according to the American Skin Association.

NOW YOU KNOW Use a good sunscreen when outdoors for more than 15 minutes and avoid prolonged sun exposure.

LESSON 4

USE VS. MISUSE

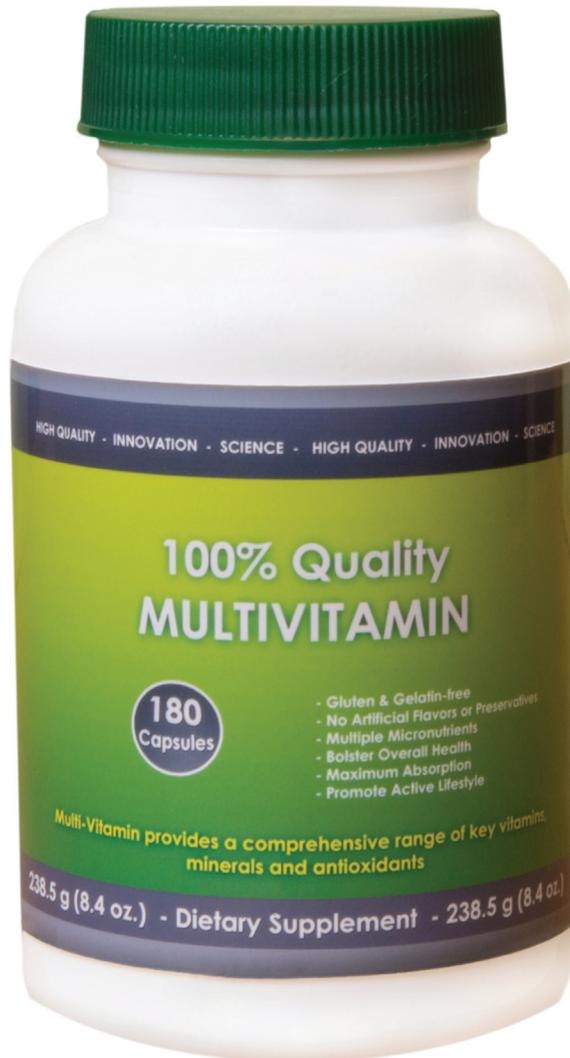


ANSWER Potatoes are an excellent source of carbohydrates, which your body needs for energy. But potatoes naturally contain solanine, a toxic ingredient that can cause a number of health problems. Solanine thrives in well-lit environments and is present when you see a green tinge under the potato's skin and experience a bitter taste.

NOW YOU KNOW Store potatoes in a cool, dark place and be on the lookout for the discoloration and bad taste.

LESSON 4

USE VS. MISUSE



ANSWER Vitamins can be found on store shelves and are widely available. They're easy to access, but as they're considered over-the-counter medicines, they should be taken under the guidance of a parent or trusted adult. Vitamins can be dangerous if they're misused or if a person isn't using them in accordance with the Supplement Facts label on the bottle.

NOW YOU KNOW Read the label and talk to a trusted adult before taking vitamins.

LESSON 4

USE VS MISUSE



ANSWER Ibuprofen has been used for decades for pain relief and is available over the counter. When ibuprofen is used as directed, it reduces inflammation (swelling) and can also reduce fevers. However, large doses of ibuprofen can cause damage to the stomach or intestines.

NOW YOU KNOW Follow directions on the Drug Facts label and talk to a trusted adult before taking an anti-inflammatory medicine.

Student Name: _____

CULMINATING STUDENT ACTIVITY 1

WHAT'S THE SCENARIO?

Directions: Read the scenarios and answer the questions that follow on a separate sheet of paper.

Monique

Monique's parents are heading out for the evening, so Lora, her regular sitter, comes over to watch her. But not long after her parents leave, Monique starts to feel really sick to her stomach. Lora remembers she has some medicine in her backpack that the doctor prescribed to help relieve her flu symptoms a few months ago. Lora gets it out and tells Monique it should be fine for her to take it since she's really not that much younger or smaller than Lora.

1. Should Monique take Lora's medicine? Why or why not?
2. Outline the steps that Lora should have taken in order to handle this situation responsibly.

Kyron

Kyron's family is heading out on a weeklong trip to visit his grandmother Jada, who lives hours away. Because they will be gone for several days, Kyron's mom makes sure to pack a bag with many of the medicines the family uses regularly. When they get to his Grandma Jada's house, however, Kyron notices that his mom sets the bag on a shelf in a lower-level kitchen cabinet. Kyron is concerned because he knows this isn't safe, especially because his younger cousin Maya, who is only three years old, is also visiting Grandma Jada that week.

1. Who should Kyron talk to about his concerns? Why?
2. Brainstorm some ways that Kyron and his parents could address the medicine storage situation at his grandmother's house. What are some of the things they should talk to her about?

Sophie

Sophie has talked to her parents about what she learned in *OTC Medicine Safety* and they've decided as a family to take steps to solve some of the problems with medicines in their household. Help Sophie's family come up with solutions to the following problems:

1. Sophie's mom has always used a kitchen spoon to measure medicine.
2. Sophie's dad goes to the drugstore to buy medicine to help Sophie's sore throat and cough. He remembers that Sophie also takes allergy medicine and wonders if it is okay to mix different medicines. Who can Sophie's dad talk with to get answers to his questions?

Jason

Jason is an adult who has been dealing with a headache for the past couple of hours, and is trying hard to meet a deadline at work. Obviously his ailment is making it difficult to do his work. He used the bottle of headache medicine in his bag before, and the medicine worked pretty well. This time, however, Jason's headache seems to be extra annoying. He's thinking about taking more than the dose he took before because his headache seems worse this time around. He's already taken cold medicine today for an ongoing bout with stuffiness, so maybe a couple of these headache pain reliever pills will do the trick.

1. Should Jason take more than the recommended dose of headache pain reliever medicine? Why or why not?
2. Why is it important for Jason to read the *Drug Facts* label on the headache medicine? Hint: Remember that he has also taken cold medicine today.

Follow-up: Create your own scenario or pair up with another student to produce a joint scenario.

Student Name: _____

CULMINATING STUDENT ACTIVITY 2

ROLE-PLAYING

Directions: Select one or more of these situations to act out with your group. Review the characters, situations, and tasks as you prepare to present to your classmates. Your teacher will quiz your classmates with the follow-up questions about each situation.

The Unwell Friend

CHARACTERS

- **Sarah:** A student who lives in the house where the scene is set
- **Emma:** A friend who doesn't live in the house and isn't feeling well
- **Mrs. Moore:** Parent who lives in the house
- **Mrs. Watson:** Parent of friend who doesn't feel well

SITUATION

- Your friend is visiting you and develops a bad headache, so she asks for some medicine she usually takes at home.

TASK(S)

- Act this scene out twice: once, showing the wrong or unsafe way to handle this situation, then showing the safe and responsible way to address the problem.
- Include discussion about whether the medicine she takes is prescription (Rx) or over-the-counter (OTC), and how to tell the difference.
- Decide how to handle the situation with the adults.

QUESTIONS

1. Did you think the way your classmates acted this scene out seemed believable? Why or why not?
2. Name one thing you remember about the differences/similarities between prescription and OTC medicines that your classmates didn't address in the skit.
3. Do you have any other suggestions for safe ways to deal with this situation?

The Right Dose

CHARACTERS

- A student who lives in the house where the scene is set
- Two or three friends who are visiting to study for a test
- An older sibling who lives in the house
- A parent

SITUATION

- You and your friends are studying in a room where medicine is kept.
- An older sibling comes in and begins rifling through the medicine drawer.
- The older sibling chooses a medicine without consulting an adult and doesn't choose the dosage device that comes with the medicine.

TASK(S)

- You and your friends must convince the older sibling he or she is being unsafe by explaining what you have learned about medicine safety and *Drug Facts*.
- You also should explain that when it comes to taking medicine, more doesn't necessarily mean better.
- The parent must be consulted about taking the medicine.

QUESTIONS

1. What else should the younger siblings inform their older sibling about?
2. Did the students in this skit address where the medicine was stored in the house? Was it stored in a smart place? Why or why not?
3. Do you have any other suggestions for safe and responsible ways to deal with this situation?

CULMINATING STUDENT ACTIVITY 2

ROLE-PLAYING

CONTINUED

The Drug Facts Detectives

CHARACTERS

- A student
- A parent of the student
- A pharmacist
- A shopper (or a pair of shoppers) who needs information about OTC medicine directions for a baby
- A shopper who needs information on the drug interactions of an OTC medicine

SITUATION

- A student and his or her parent are at the pharmacy looking for a medicine for the student's allergy symptoms.
- The student and the parent have some questions about the information on the *Drug Facts* label.
- Other shoppers learn from what the student and parent are doing and become more informed about the *Drug Facts* label.

TASK(S)

- The student and the parent must ask the pharmacist some questions about the *Drug Facts* label; in the skit, the student and the parent should mention that the student sometimes takes medicine that contains a pain reliever for headaches.

- The pharmacist should help the parent and student understand how to choose the right allergy medicine by comparing active ingredients on the *Drug Facts* label with the pain reliever medicine they have at home.
- Other shoppers should hear this and realize they can ask the pharmacist questions about OTC medications.
- The pharmacist should answer other shoppers' questions and help them learn where else they can get more information.

QUESTIONS

1. What else do you remember about the Active Ingredients section on the *Drug Facts* label that this skit didn't mention?
2. Are there any other sections of the *Drug Facts* label the pharmacist should have or could have mentioned when talking to customers? Which sections and why?
3. Did the shoppers and pharmacist remember all the places or sources to look for more information? If not, what did they leave out?

KNOW THE FACTS

OVER-THE-COUNTER MEDICINE SAFETY

Read the following passage and answer the questions.

Your friend Brian is sleeping over tonight, and you plan to watch movies at home with snacks. Brian's stomachache might put a kink in the plans, however. Ever since dinner he's been feeling a bit uncomfortable, so you decide to share some medicine your parents bought last year for your little sister Kim's stomach pain. It's an over-the-counter medicine (not a prescription), and you know that Brian is allergic to certain medicines and you should always talk to a trusted adult before using medicine. There is an expiration date on the bottle, and on the back panel there is a *Drug Facts* label, which lists information like uses (what symptoms the medicine treats), directions (the amount or dose of medicine to take, who should take it, how often it should be taken), active and inactive ingredients, and more. Your parents have gone to bed and you're thinking about handling this situation yourself.

Should you give the medicine to Brian without talking to your parents first? Why or why not?

Describe the difference(s) between OTC medicines and prescription medicines:

Why is it important to read the *Drug Facts* label when planning to take OTC medicines?

Should your parent give Kim's stomach pain reliever to Brian if he has the same symptoms as Kim? What part of the *Drug Facts* label will indicate that?

KNOW THE FACTS

OVER-THE-COUNTER MEDICINE SAFETY FOR ADOLESCENTS

Tell your family about over-the-counter (OTC) medicine safety. Create a two- to three-minute public service announcement (PSA) about OTC medicine targeted at your family. Use any data or statistics from the infographic or the resources on the next page that you think might strengthen the message of your PSA. Think about younger siblings, grandparents, or someone in your home recovering from an operation or injury who needs to take medicine.

Use this outline to start planning the content for your PSA, and when you've organized your thoughts, draft your message on a separate sheet of paper. Remember: Your message should be informative and interesting!

PSA MESSAGE: USING AND STORING OTC MEDICINES SAFELY

Audience: Your family members *(What are their ages? How many people are in your family?)*

Scenario *(Where does this PSA take place?)*

Character Names *(Who's involved in this PSA?)*

Action *(What happens during your PSA?)*

Solution/Facts *(How does your PSA address usage and storage of OTC medicines?)*

For More Information *(Here is your opportunity to offer viewers a phone number or website for more information!)*

Name: _____

Directions You are an editor preparing this article for publication. Read the article, and help future readers understand the key ideas by using your critical-thinking skills to fill in the blank text features.



OVER-THE-COUNTER MEDICINE SAFETY

The Ins and Outs of Medicine Safety

What you need to know to make sure that medicines help instead of hurt

Did you know nearly 90,000 kids annually age 19 and under need medical help due to medicine mistakes or misuse? Luckily, most of these errors can be prevented. Learn how you can help keep yourself and your family members safe.

Over-the-Counter vs. Prescription Medicines

Medicines fall into two major categories: Over-the-counter (OTC) medicine is bought in a drugstore or supermarket without the need for a doctor's prescription. Prescription medicine, on the other hand, is specially ordered by a doctor or nurse practitioner and is available only from a pharmacist. Only the person whose name is on the prescription should take that medicine. Despite these differences, there are important safety points that OTC and prescription medicines share. First, children should use these medicines only with the permission of a parent or trusted adult. It can be dangerous to misuse or abuse any type of medicine. Always read the medicine label before each use.

(add illustration or diagram)

The Drug Facts Label

How can you be sure you're taking an OTC medicine safely? Every OTC medicine includes a Drug Facts label, which is required by the Food and Drug Administration (FDA). The Drug Facts label helps you understand what the medicine does, who should take it, and how to take it safely. These sections are on each Drug Facts label:

- ▶ **ACTIVE INGREDIENTS** Lists the ingredients in the medicine that make it work.
- ▶ **USES** Describes the symptoms that the medicine treats.
- ▶ **WARNINGS** Lists safety information including side effects, questions you may need to ask a doctor before use, and which medicines to avoid taking at the same time.
- ▶ **DIRECTIONS** Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.
- ▶ **OTHER INFORMATION** Includes how to store it.
- ▶ **INACTIVE INGREDIENTS** Lists ingredients not intended to treat symptoms (e.g., preservatives). These can be important in the case of an allergy.
- ▶ **QUESTIONS OR COMMENTS?** Provides the phone number for the company if you have questions.

The "Just Right" Dosage

Remember the story of Goldilocks and the three bears? She needed the porridge to be "just right." Like Goldilocks, we all need the "just right" dose of a medicine. Too little medicine may not be effective; too much medicine can cause you harm. Luckily, researchers have already figured out the appropriate dose that each person needs based on age, weight, and other factors. This information is detailed in the Directions section of the Drug Facts label.

The only way to take the correct dose of a medicine is to use the dosing device that is provided (often a small cup for a liquid). Dosing devices are customized to each medicine—that's why they should never be substituted with kitchen spoons or any other household measuring device.

“

(add pulled quote)

”



OVER-THE-COUNTER MEDICINE SAFETY

The Dangers of Medicine Misuse

Some people might think that because a medicine is available over the counter, it cannot cause any harm. However, misusing any medicine by not reading and following the medicine label carefully can lead to serious consequences. For example, some ingredients may cause allergic reactions. Also, certain medicines can interact with other medicines and may cause side effects or harm when mixed. Many medicines contain the same kind of active ingredients, so it's important not to take them at the same time. Furthermore, medicines will not work properly if not taken at the proper dose!

If you think that you or someone else has taken the wrong dose or wrong medicine, or if you just have questions about a medicine, call the Poison Help number, 1-800-222-1222. Experts answer the phone year-round 24/7. It's free and confidential—and unlike 911, it doesn't have to be an emergency to call.

Safe Storage and Safe Disposal

Medicine safety is not just about following directions, it's also about safe storage. Young children are naturally curious. That is why medicines should always be stored up, away, and out of sight and reach of kids.

Medicine should be disposed of safely too. When cleaning out medicine cabinets, follow the FDA's guidelines for safe

disposal of medicines. Mix OTCs with a substance people wouldn't want to eat (e.g., kitty litter) and then place the mix in a closed container (e.g., sealed baggie) in the trash.

Be Part of the Solution

Every year, poison-control centers manage about 81,000 cases involving medication errors in children, tweens, and teens.² Help eliminate this danger! Educate your family and community about medicine safety—and remember to always take medicine with the supervision of a parent or trusted adult.

Glossary

_____ : _____

_____ : _____

_____ : _____

Think It Through Record your responses on a separate sheet of paper.

Part I Author's Craft

While you read this article, you were thinking as both a reader and a writer. Provide your analysis of the article, being sure to support your ideas with evidence from the text.

1. What is the author's main purpose?
2. Who is the author's audience?
3. What techniques does the author use in the section "The 'Just Right' Dosage" to engage the reader?
4. What text structures does the author use in the section "The Danger of Medicine Misuse"? How do these text structures help the reader understand the content?
5. Imagine you are an editor revising this article before it is published. Complete the following tasks on a separate sheet of paper.
 - Write a new introduction or conclusion to this article.
 - Create a graph or diagram that would help a reader understand this article.
 - Incorporate a new quotation or statistic from your research.

Part II Critical-Thinking Questions

Evaluate the following statements, using evidence from the text to explain your thinking.

1. Your sibling says, "It's not safe to measure cough syrup with a kitchen spoon, but this measuring spoon for baking is okay because it's made for measuring." Is your sibling right? Explain your reasoning using evidence from the text.
2. Your younger sibling took some OTC medicine because she thought it looked like candy. You suggest calling the Poison Help number. Your babysitter says, "She doesn't look sick from it, so we should just wait and see if it's a real emergency." Is your babysitter right? Explain your reasoning using evidence from the text.
3. Your friend has a headache, and his parent gives him a dose of an OTC pain medicine. Later, he says, "It's been 30 minutes and I don't feel any better. My mom must not have given me enough medicine—I should probably take another dose." Is your friend right? Explain your reasoning using evidence from the text.

¹AAPCC National Poison Data System query parameters: 2011–2016 annual average, ages 0–19, all unintentional and intentional misuse reasons for pharmaceutical exposure, cases en route to a health care facility or treatment recommended by specialist in poison information, all outcomes. ²National Poison Data System, 2017.

Text Feature	Why a Writer Would Use It	How It Can Help the Reader
Title	Emphasize the central idea of the entire article Get the reader's attention	Start to understand the main idea
Section Heading	Emphasize the main idea of a section of the article	Predict the main idea of the section
Pull-Out Quote	Emphasize a particular fact or experience Get the reader's attention	Notice a key detail from the text Start to understand the tone of the article
Diagram	Illustrate and show the parts of a concept	Visualize the parts of an important idea
Glossary	Emphasize key terms	Identify key terms Reinforce the meaning of new vocabulary