



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 1, ACTIVITY 1

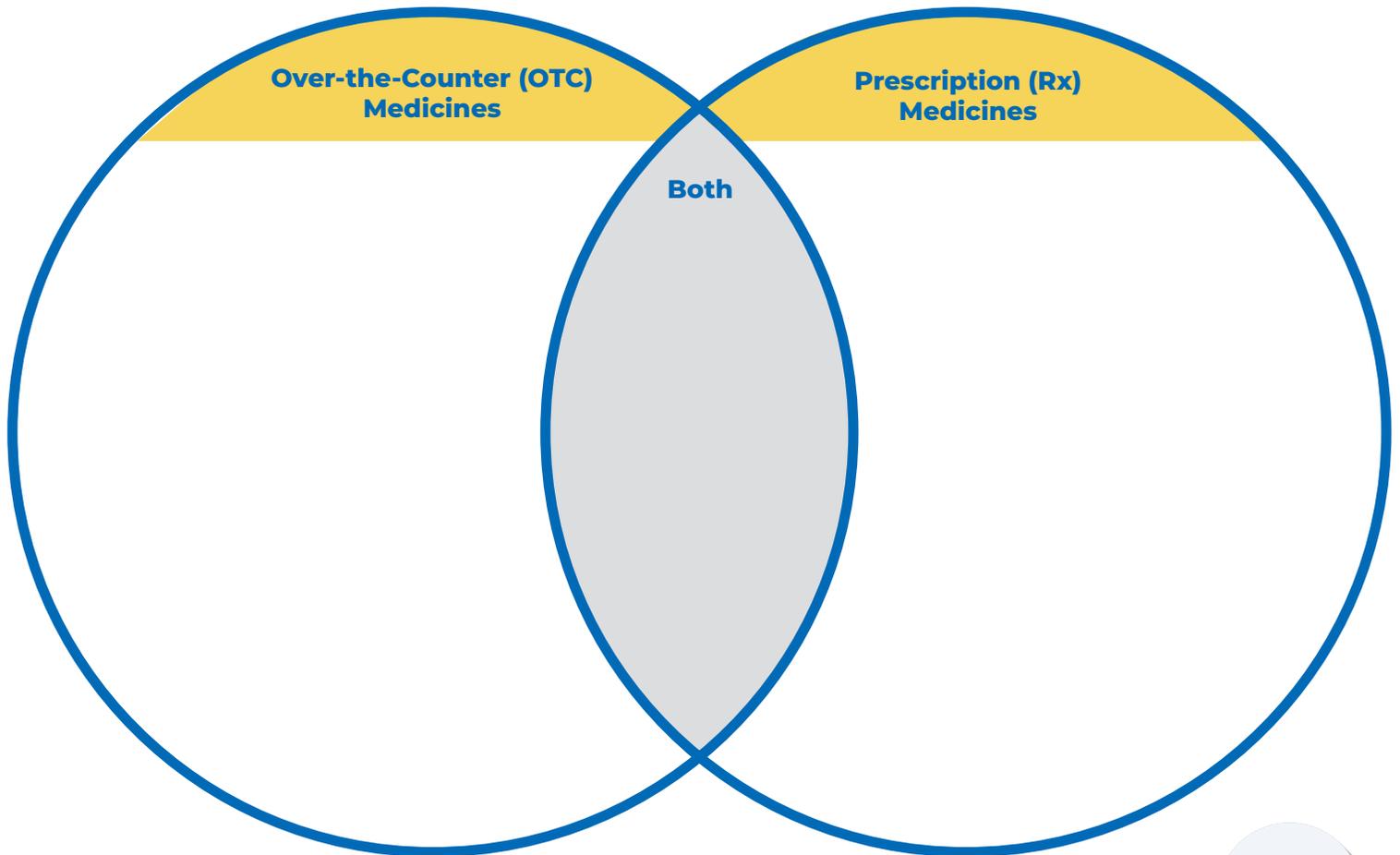
SKILLS:

Compare/contrast information,
critical thinking

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Over-the-Counter vs. Prescription Medicines

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



- Children should use only with permission of a parent or trusted adult.
- Should only be used by the person for whom the medicine was ordered.
- Prescribed by a doctor or nurse practitioner for one person.
- The *Drug Facts* label, including the directions, must be read and followed carefully before use.
- Can buy without a doctor's prescription.
- Dangerous to misuse or abuse.
- A healthcare professional or the Poison Help Line can answer questions about this medicine.

About Medicines: Rx, OTC, or Both?



Did you know...

More than 85,000 children, ages 19 and under, require medical attention each year due to medicine mistakes or misuse.¹



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1. American Association of Poison Control Centers' National Poison Data System. Data covers 2011-2021 annual average, ages 0-19.



OVER-THE-COUNTER MEDICINE SAFETY

GRADES 5-6
UNIT 2, ACTIVITY 2

SKILLS:
Analytical thinking

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Understanding 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 pictured here to answer the questions below. Write your answers on a separate sheet of paper.

Think It Through

1. What kind of information might be found in the "Do Not Use" part of the "Warnings" section? Why is it important for someone to see that information?
2. What are the side effects associated with the use of this medicine?
3. What are some reasons that someone might have to contact a doctor before or after taking this medicine?
4. What section of the label tells you the correct dose?
5. What is the Poison Control Center phone number? (This is also called the Poison Help Line.)

Did you know...

Poison Control Centers are staffed with experts, including doctors, nurses, and pharmacists who can help answer questions about medicine or provide help over the phone if there's a medicine mistake or if you come into contact with a poison. Calls are free and private. **Poison Help Line: 1-800-222-1222**



Drug Facts

Active ingredients	Purpose
Ingredient A 100 mg	cough suppressant
Ingredient B 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 (1-800-222-1222).

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 1-800-555-5555.





OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 2, ACTIVITY 3

SKILLS:

Critical thinking,
reading informational text

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Find a *Drug Facts Label* Scavenger Hunt

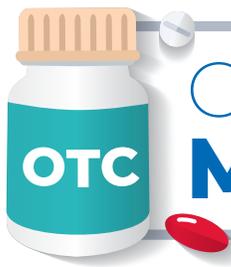
Directions: With a trusted adult, read the **Drug Facts label** on OTC medicines in your home to find an example for as many of the following as you can. Write the name of the medicine in the appropriate box.

Includes a warning about allergic reactions	Says to take the medicine every 4 to 6 hours	Instructs you to ask a doctor before use	Says to use the medicine to relieve minor aches and pains
Warns that you may get drowsy when using this medicine	Has different instructions for adults and children under 12	Says to store the medicine away from excessive moisture	Lists more than one active ingredient
Says to take the medicine every 8 hours	Includes a sore throat warning	Says to keep the medicine out of reach of children	Says to use the medicine to relieve heartburn
Provides the dosage in milligrams	Includes the Poison Help Line (1-800-222-1222)	Find two medicines that should not be taken at the same time	Should not be taken if you are allergic to corn



REMEMBER: Only take medicine with the approval and supervision of a parent or trusted adult.





OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 3, ACTIVITY 4

SKILLS:
Critical thinking,
reading informational text

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Responsible 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 as well as 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 two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not give more than 5 mL in 24 hours.
Adults and children 12 years of age and over	<ul style="list-style-type: none"> • 5 mL two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not take more than 10 mL in 24 hours.
Adults 65 years of age and over	<ul style="list-style-type: none"> • 5 mL two times per day. • Dosage may be repeated every 12 hours while symptoms last. • Do not take more than 10 mL in 24 hours.



Did you know...

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 Line, 1-800-222-1222. Experts answer the phone 24/7.

Think It Through

- Olivia is 12 years old and took her first dose of medicine at 8 a.m. She took a second dose at 8 p.m. the same day. By bedtime at 9:30 p.m., she is still not feeling better. Based on the label above, when can Olivia's parents give her another dose of this medicine? Why?

- Miguel is 11 years old. He and his parents are reading the directions in the dosing table above.

a. How many milliliters (mL) of medicine should Miguel take for his first dose? _____

b. If Miguel needs a second dose 12 hours later, how many milliliters (mL) should he take? _____

- This medicine came with a dosing or measuring device. What might happen if someone taking this medicine used a regular household kitchen spoon to dose instead of the measuring device that came with the medicine?

- What are some reasons a *Drug Facts* label might include instructions for certain people to ask a doctor before using the medicine?

- How can you use what you've learned today about dosing to help your family use OTC medicines more safely?



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OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 3, ACTIVITY 5

SKILLS:
Critical thinking,
reading informational text

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Safe Medicine Storage

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.



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

ANSWERS: 1. open purse with pain relief bottle sticking out of the top; 2. medicine left out on the nightstand with dosage cup; 3. allergy medicine on the table next to vase; 4. medicine bottles visible and accessible inside cabinet below kitchen sink; 5. bottle of cough medicine on the counter and a teaspoon with a trace of medicine visible on spoon (should be using the dosing device and stored up and away); 6. allergy medicine on the table next to vase.



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 4, ACTIVITY 7

SKILLS:
Critical thinking

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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 for bone development and strong teeth. Too much sun, however, may cause skin damage and skin cancer. 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 30 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.





OVER-THE-COUNTER MEDICINE SAFETY

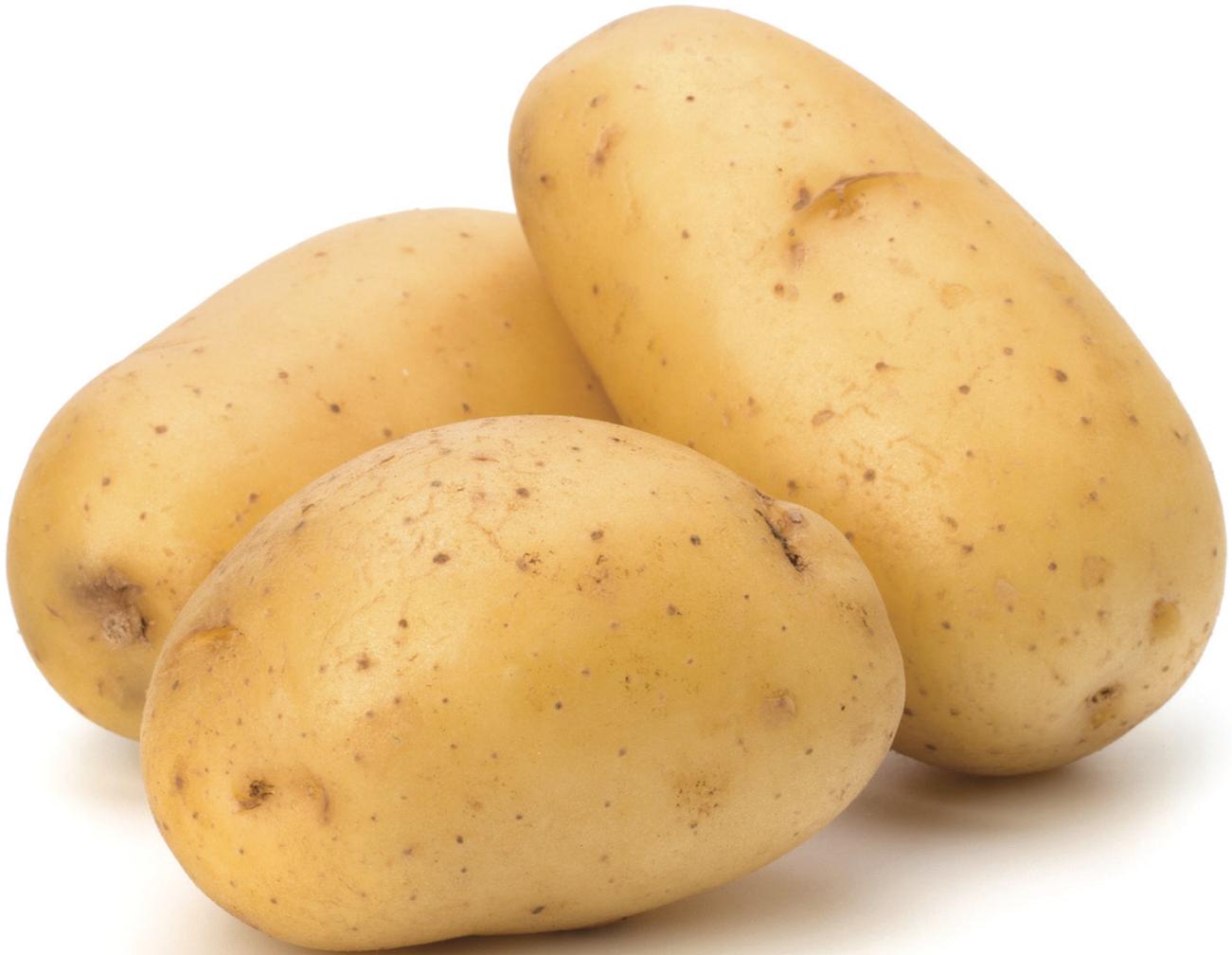


GRADES 5-6
UNIT 4, ACTIVITY 7

SKILLS:
Critical thinking

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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.



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 4, ACTIVITY 7

SKILLS:
Critical thinking

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Use vs. Misuse



ANSWER

Like all over-the-counter medicines, vitamins should not be taken without the approval and supervision 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 with a trusted adult before taking vitamins.



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 4, ACTIVITY 7

SKILLS:
Critical thinking

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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.



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-6
UNIT 5, ACTIVITY 8

SKILLS:

Critical thinking,
reading informational text,
writing explanatory text

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Editing an OTC Medicine Safety Article

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.

(add title)

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

Did you know that more than 85,000 children, ages 19 and under, require medical attention each year due to medicine mistakes or misuse?¹ Luckily, most of these errors can be prevented. Learn how you can help keep yourself and your family members safe!

KNOW THE FACTS: OVER-THE-COUNTER VS. PRESCRIPTION MEDICINES

Medicines fall into two major categories: Over-the-counter (OTC) medicine is bought in a drugstore, market, or other store 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 guidelines that OTC and prescription medicines share. First, children should use these medicines only with the approval and supervision of a parent or trusted adult. Also, it is always important to read the medicine label before each use. It is dangerous to misuse or abuse any type of medicine.

(add illustration or diagram)

(add section heading)

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 the medicine, 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:** Provides important safety information, including side effects, questions you should ask a doctor before taking the medicine, and medicines to avoid using at the same time.
- **DIRECTIONS:** Tells the amount or "dose" of medicine to take, how often to take it, and how much you can take in one day. Only use the cup, spoon, dropper, or other dosing device that comes with a medicine. Never try to measure the medicine with your own device.
- **OTHER INFORMATION:** Tells how to store the medicine.
- **INACTIVE INGREDIENTS:** Lists ingredients not intended to treat your symptoms, like preservatives and flavorings. These can be important in the case of an allergy.
- **QUESTIONS OR COMMENTS?:** Tells how to call the manufacturer if you have questions about the medicine.



(add section heading)

Remember the story of Goldilocks and the three bears? She needed the porridge to be “just right.” Like Goldilocks, you 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. You can find this information 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 with the medicine (often a small cup for a liquid). Dosing devices are customized to each medicine — you should never substitute them with kitchen spoons or any other household measuring device.



(add section heading)

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, certain 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 to not take them at the same time.** Furthermore, medicines will not work properly if not taken at the proper dose!

What should you do 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 free and confidential **Poison Help Line, 1-800-222-1222**. Experts answer the phone year-round 24/7. Unlike 911, it doesn’t have to be an emergency to call.

SAFE STORAGE AND SAFE DISPOSAL

If you have any younger siblings or small children in your life, you know that kids are naturally curious. That is why it is so important to make sure that all medicines are stored up, away, and out of sight.

When your family cleans out the medicine cabinet, be sure to 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

According to the American Association of Poison Control Centers (AAPCC), more than 85,000 children, ages 19 and under, require medical attention each year due to medicine mistakes or misuse.¹ Help eliminate this danger! Educate your family and community about medicine safety — and remember to always take medicine with the approval and supervision of a parent or trusted adult.

Glossary

_____ :	_____ :
_____ :	_____ :
_____ :	_____ :

1. American Association of Poison Control Centers’ National Poison Data System. Data covers 2011-2021 annual average, ages 0-19.

Think It Through

Read the questions and scenarios below. Write your answers on the lines. Use the back of the sheet if you need more space.

Part I

TEXT FEATURES: EXPLAIN YOUR REASONING

Explain the text features you added, being sure to support your ideas with evidence from the text.

1. Why did you select the words you included in the glossary?

2. Choose one of your section headings. Explain why it fits the central idea of the section.

3. How would the diagram or illustration added to the article help the reader understand the text?

4. Why is the pull-out quote you chose so important to the central idea of the article?

Part II

CRITICAL-THINKING QUESTIONS

Respond to the following scenarios using evidence from the text to explain your thinking.

5. 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? How do you know?

6. Your younger sibling took some OTC medicine because she thought it looked like candy. You suggest calling the Poison Help Line. 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? How do you know?

7. 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? How do you know?



Informational Text Features

Directions: Read about text feature options that writers might use in articles.

TEXT FEATURE	WHY A WRITER WOULD USE IT	HOW IT CAN HELP THE READER
Title	<ul style="list-style-type: none"> Emphasize the central idea of the entire article Get the reader's attention 	<ul style="list-style-type: none"> Start to understand the main idea
Section Heading	<ul style="list-style-type: none"> Emphasize the main idea of a section of the article 	<ul style="list-style-type: none"> Predict the main idea of the section
Pull-Out Quote	<ul style="list-style-type: none"> Emphasize a particular fact or experience Get the reader's attention 	<ul style="list-style-type: none"> Notice a key detail from the text Start to understand the tone of the article
Diagram	<ul style="list-style-type: none"> Illustrate and show the parts of a concept 	<ul style="list-style-type: none"> Visualize the parts of an important idea
Glossary	<ul style="list-style-type: none"> Emphasize key terms 	<ul style="list-style-type: none"> Identify key terms Reinforce the meaning of new vocabulary



Text Feature Options

Directions: Use these text feature options to fill in the OTC medicine safety article.

TEXT FEATURE	OPTIONS
Title	<ul style="list-style-type: none"> • Over-the-Counter Medicine Safety • Types of Medications • What Doctors Don't Tell You
Section Heading 1	<ul style="list-style-type: none"> • Medicine Ingredients • Always Follow Directions • The Importance of the <i>Drug Facts</i> Label
Section Heading 2	<ul style="list-style-type: none"> • Getting the Right Dose • Different Dosing Devices • How to Dispose of Medicines
Section Heading 3	<ul style="list-style-type: none"> • Poison Help • Taking Medicine Safely • What to Do in an Emergency



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8

BONUS ACTIVITY

SKILLS:

Reading, persuasive writing, analytical thinking

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Inspire Others to Stay Medicine-Safe!

Use what you've learned about OTC medicine safety to create a public service announcement (PSA).

Directions: Use the prompts below to organize your thinking. Keep your message short and to the point and select content that specifically targets your intended audience. Write your thoughts on separate paper and answer the questions below to help you.

Topic

OTC Medicine Safety

Target audience (choose one)

Younger students, peers, family members, or community members

Plan Your PSA

1. Pick one central idea and condense it into a clear and simple call-to-action (what you want people to do).

PSA idea: _____

Call-to-action: _____

2. Conduct research to identify supporting facts. Note your sources:

3. Consider your target audience – *What do they need to know? What matters to them?* _____

4. Select a presentation format: a poster, video, radio spot, or another medium. PSA format:

5. Consider which visual elements will best support and enhance your message, and capture the attention of your audience. Describe the visuals you have in mind here:

Start Drafting

- Create a brief script that supports your call-to-action. As you plan:
 - ◆ Highlight major and minor points that you want to make
 - ◆ Double-check that the research and data you include are accurate
 - ◆ Make sure to include a memorable call-to-action!
- For print format: Write and illustrate your final draft
- For video format: Film and edit your PSA (aim for a 30-second clip)

Share Your PSA

Work with your teacher to share your PSA with your class and to determine the best way to share it with your target audience.

Key Points to Support Your PSA

- Young people should only use medicine with the approval and supervision of a parent or trusted adult.
- Like prescription medicines, OTC medicines can cause serious harm if not used properly.
- Read the *Drug Facts* label and follow the **Directions** every single time.
- Only use the dosing device packaged with the medicine.
- Post the **Poison Help Line** in your home: **1-800-222-1222**. Call if you have questions or concerns.
- Remember to store medicines up, away, and out of sight of small children.





OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8
PRE-ASSESSMENT

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Pre-Assessment

Types of Medicine What type of medicine is best described by each statement below? Check only one.

Q1. This is medicine a doctor orders for you, and is available only from a pharmacist.		Q2. This is medicine bought in a drugstore, pharmacy, or grocery store without having to get a doctor's permission.	
Prescription medicine		Prescription medicine	
Over-the-counter (OTC) medicine		Over-the-counter (OTC) medicine	
Not sure		Not sure	

Medicine Safety

Q3. Are the following statements True or False? Check one answer for each 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.			
You can't be harmed by over-the-counter medicines.			
It's okay to take two medicines with the same active ingredient at the same time.			
It's okay to use someone else's prescription medicine if you have the same symptoms they had when they got it.			
It's okay to take your leftover prescription medicine later if you get sick again.			
It's okay to take more medicine than what is directed on the label if you are very sick.			
In a medicine, an active ingredient is what relieves a person's symptoms.			
The <i>Drug Facts</i> label tells you what symptoms the medicine treats.			
The <i>Drug Facts</i> label gives you the dosage information (how much medicine to take).			

Q4. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE	NOT SURE
A pharmacist can answer questions about over-the-counter medicines.			
All medicines have an expiration date.			
Children should not use prescription medicine without the permission of their parent or a trusted adult.			
Medicine should be kept in a place where children can't reach it.			
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.			
Prescription medicine cannot be bought without a doctor's permission.			

(Continued on the next page.)



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8
PRE-ASSESSMENT

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Pre-Assessment (continued)

Medicine Safety

Q5. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE	NOT SURE
Children over 12 can take over-the-counter medicine without a parent's permission if they carefully read the label.			
Medicine should be stored in the container it came in.			
One gulp from a bottle of liquid medicine is exactly one tablespoon of medicine.			
Over-the-counter medicines can be dangerous when misused.			
Prescription medicine can be found on the shelves in some stores.			
Prescription medicine is meant to be used by one person.			

Q6. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE	NOT SURE
The Poison Help Line is a good place to call if someone has taken too much medicine.			
Medicine should be kept on the kitchen counter so you remember to take it.			
Taking more medicine than directed will help you feel better faster.			
Taking more than one medicine with the same active ingredient will help you feel better faster.			
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.			
You can call the Poison Help Line even if it isn't an emergency.			



OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8
POST-ASSESSMENT

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Post-Assessment

Types of Medicine What type of medicine is best described by each statement below? Check only one.

Q1. This is medicine a doctor orders for you, and is available only from a pharmacist.		Q2. This is medicine bought in a drugstore, pharmacy, or grocery store without having to get a doctor's permission.	
Prescription medicine		Prescription medicine	
Over-the-counter (OTC) medicine		Over-the-counter (OTC) medicine	
Not sure		Not sure	

Medicine Safety

Q3. Are the following statements True or False? Check one answer for each 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.			
You can't be harmed by over-the-counter medicines.			
It's okay to take two medicines with the same active ingredient at the same time.			
It's okay to use someone else's prescription medicine if you have the same symptoms they had when they got it.			
It's okay to take your leftover prescription medicine later if you get sick again.			
It's okay to take more medicine than what is directed on the label if you are very sick.			
In a medicine, an active ingredient is what relieves a person's symptoms.			
The <i>Drug Facts</i> label tells you what symptoms the medicine treats.			
The <i>Drug Facts</i> label gives you the dosage information (how much medicine to take).			

Q4. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE	NOT SURE
A pharmacist can answer questions about over-the-counter medicines.			
All medicines have an expiration date.			
Children should not use prescription medicine without the permission of their parent or a trusted adult.			
Medicine should be kept in a place where children can't reach it.			
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.			
Prescription medicine cannot be bought without a doctor's permission.			

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OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8
POST-ASSESSMENT

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Post-Assessment (continued)

Medicine Safety

Q5. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE	NOT SURE
Children over 12 can take over-the-counter medicine without a parent's permission if they carefully read the label.			
Medicine should be stored in the container it came in.			
One gulp from a bottle of liquid medicine is exactly one tablespoon of medicine.			
Over-the-counter medicines can be dangerous when misused.			
Prescription medicine can be found on the shelves in some stores.			
Prescription medicine is meant to be used by one person.			

Q6. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE	NOT SURE
The Poison Help Line is a good place to call if someone has taken too much medicine.			
Medicine should be kept on the kitchen counter so you remember to take it.			
Taking more medicine than directed will help you feel better faster.			
Taking more than one medicine with the same active ingredient will help you feel better faster.			
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.			
You can call the Poison Help Line even if it isn't an emergency.			



Unit 1, Activity 1:

OVER-THE-COUNTER VS. PRESCRIPTION MEDICINES

1. Both
2. Prescription
3. Prescription
4. OTC [remind students that prescription labels and directions must be read carefully as well.]
5. OTC
6. Both
7. Both

Unit 2, Activity 2:

UNDERSTANDING THE DRUG FACTS LABEL

1. Answers might include warnings that the medicine might cause an allergic reaction, that it should not be used when taking certain other medicines, and other reasons why a person should not take the medicine. It's important that a person read this information before taking medicine because it can help avoid preventable side effects.
2. Side effects may include drowsiness and/or excitability, particularly for children.
3. Answers may include: A doctor should be consulted before taking this medicine if you have liver or kidney disease, and before giving the medicine to children under 6 years of age. A doctor should also be consulted if allergic reaction or overdose occurs.
4. The "Directions" section.
5. 1-800-222-1222

Unit 2, Activity 3:

FIND A DRUG FACTS LABEL SCAVENGER HUNT

Answers will vary.

Unit 3, Activity 4:

RESPONSIBLE MEDICINE DOSING

1. At 8 a.m. the next day. After that, no more doses should be given until 8 p.m.
2. a. 2.5 mL
b. 2.5 mL
3. Using anything other than the dosing device that is packaged with the medicine can result in an inaccurate dose.
4. A *Drug Facts* label might suggest that people contact a doctor before use for a variety of reasons. These reasons may include factors such as age, health conditions, or other medicines they are taking that may require special instruction or may make the medicine inappropriate for certain people.
5. Answers could include talking with family members about the information provided on the *Drug Facts* label; use of proper dosing devices; the consequences of not using proper dosing devices; the importance of understanding dosing information.

Unit 3, Activity 5:

SAFE MEDICINE STORAGE

Any response that identifies medication stored in a location that is not up, away, and out of sight would be acceptable. The medication storage errors shown in the picture are as follows:

1. Open purse with pain relief bottle sticking out of the top
2. Medicine left out on the nightstand with dosage cup
3. Toiletry bag hanging low from doorknob inside closet with vitamin bottle showing
4. Medicine bottles visible and accessible inside cabinet below kitchen sink
5. Bottle of cough medicine on the counter and a teaspoon with a trace of medicine visible on spoon (should be using the dosing device and stored up and away)
6. Allergy medicine on the table next to vase

Unit 4, Activity 6:

OTC MEDICINE SAFETY FOR THE COMMUNITY

Answers will vary.

Unit 5, Activity 8:

EDITING AN OTC MEDICINE SAFETY ARTICLE

Answers will vary.

Pre/Post-Assessment Quiz

Types of Medicine What type of medicine is best described by each statement below? Check only one.

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

Prescription medicine

✓

Q2. This is medicine bought in a drugstore, pharmacy, or grocery store without having to get a doctor's permission.

Over-the-counter (OTC) medicine

✓

Medicine Safety

Q3. Are the following statements True or False? Check one answer for each row.

TRUE

FALSE

If you use a household or kitchen spoon to measure liquid medicines, you can be sure you will get the right dose.

✓

You can't be harmed by over-the-counter medicines.

✓

It's okay to take two medicines with the same active ingredient at the same time.

✓

It's okay to use someone else's prescription medicine if you have the same symptoms they had when they got it.

✓

It's okay to take your leftover prescription medicine later if you get sick again.

✓

It's okay to take more medicine than what is directed on the label if you are very sick.

✓

In a medicine, an active ingredient is what relieves a person's symptoms.

✓

The *Drug Facts* label tells you what symptoms the medicine treats.

✓

The *Drug Facts* label gives you the dosage information (how much medicine to take).

✓

Q4. Are the following statements True or False? Check one answer for each row.

TRUE

FALSE

A pharmacist can answer questions about over-the-counter medicines.

✓

All medicines have an expiration date.

✓

Children should not use prescription medicine without the permission of their parent or a trusted adult.

✓

Medicine should be kept in a place where children can't reach it.

✓

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.

✓

Prescription medicine cannot be bought without a doctor's permission.

✓

(Continued on the next page.)

Pre/Post-Assessment Quiz (continued)

Medicine Safety		
Q5. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE
Children over 12 can take over-the-counter medicine without a parent's permission if they carefully read the label.		✓
Medicine should be stored in the container it came in.	✓	
One gulp from a bottle of liquid medicine is exactly one tablespoon of medicine.		✓
Over-the-counter medicines can be dangerous when misused.	✓	
Prescription medicine can be found on the shelves in some stores.		✓
Prescription medicine is meant to be used by one person.	✓	
Q6. Are the following statements True or False? Check one answer for each row.	TRUE	FALSE
The Poison Help Line is a good place to call if someone has taken too much medicine.	✓	
Medicine should be kept on the kitchen counter so you remember to take it.		✓
Taking more medicine than directed will help you feel better faster.		✓
Taking more than one medicine with the same active ingredient will help you feel better faster.		✓
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.		✓
You can call the Poison Help Line even if it isn't an emergency.	✓	