

# OTC OVER-THE-COUNTER MEDICINE SAFETY

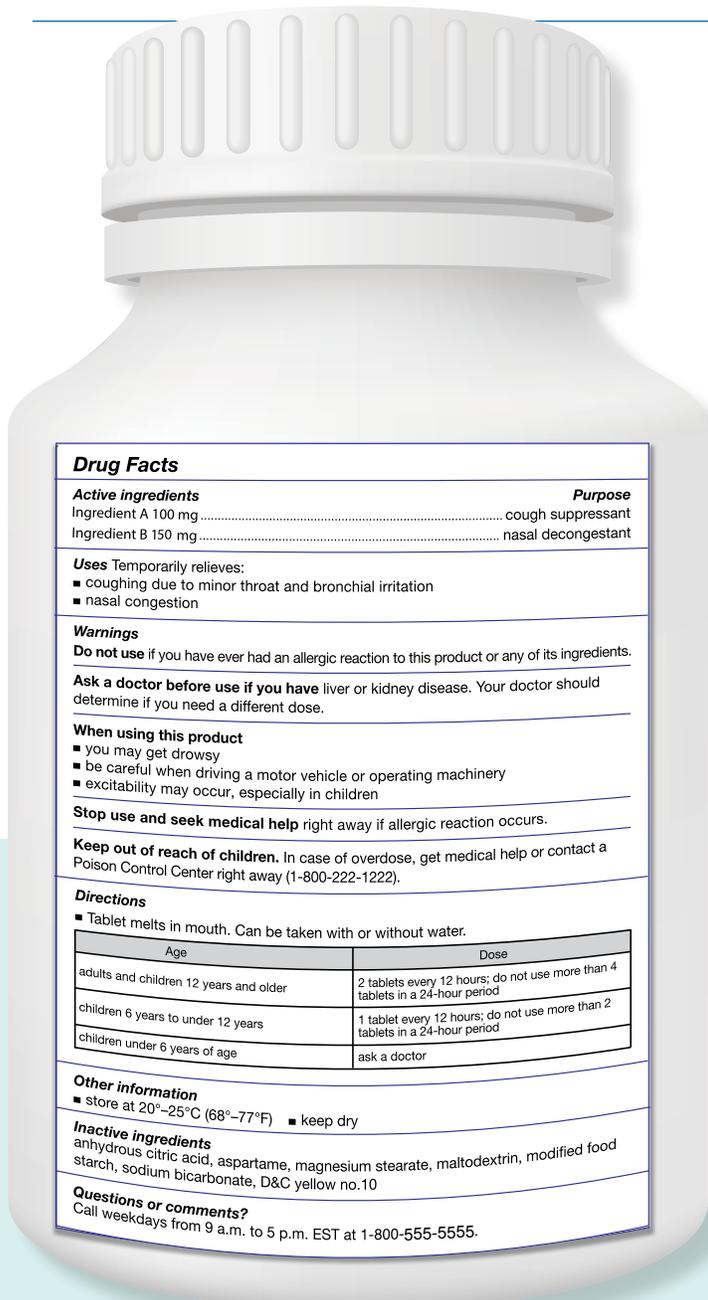
Johnson & Johnson CONSUMER HEALTH

FAMILY  
ACTIVITIES

## KEEPING YOUR CHILDREN MEDICINE-SAFE

As children get older, they often start to take on more responsibility – at home, at school, and even with their health. That is why it's so important for families to help children learn how to make safe choices.

Over-the-counter (OTC) medicines can be purchased from a store without a doctor's prescription, but they still need to be treated with the same amount of care! It is important to read and follow the *Drug Facts* label every time.



Drug Facts	
<b>Active ingredients</b>	<b>Purpose</b>
Ingredient A 100 mg .....	cough suppressant
Ingredient B 150 mg .....	nasal decongestant
<b>Uses</b> Temporarily relieves:	
<ul style="list-style-type: none"> <li>coughing due to minor throat and bronchial irritation</li> <li>nasal congestion</li> </ul>	
<b>Warnings</b>	
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.	
<b>When using this product</b>	
<ul style="list-style-type: none"> <li>you may get drowsy</li> <li>be careful when driving a motor vehicle or operating machinery</li> <li>excitability may occur, especially in children</li> </ul>	
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).	
<b>Directions</b>	
<ul style="list-style-type: none"> <li>Tablet melts in mouth. Can be taken with or without water.</li> </ul>	
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
<b>Other information</b>	
<ul style="list-style-type: none"> <li>store at 20°–25°C (68°–77°F)    keep dry</li> </ul>	
<b>Inactive ingredients</b>	
anhydrous citric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no.10	
<b>Questions or comments?</b>	
Call weekdays from 9 a.m. to 5 p.m. EST at 1-800-555-5555.	

This is not an actual Drug Facts label

## Medicine Action Plan

Create a medicine action plan to help keep everyone safe and healthy! Have your child check off each item as you complete it together.

- Which adults should your child talk to if he or she is sick and may need medicine? Provide options if a primary caregiver is unavailable.
- Where will medicines be stored in your home? Remember that they should be up, away, and out of sight!
- How will you make sure that each medicine and the dosing device it comes with are kept together?
- How will your family make sure that the child safety caps are locked on all medicines?
- How will you make sure that visitors keep all of their medicines out of children's reach and sight?
- Program the **Poison Help** number into your phone: **1-800-222-1222**. Bookmark the Interactive Poison Help Website: [poisonhelp.org](http://poisonhelp.org).

## Get to Know Your Medicine Label

Work as a family to learn more about the children's OTC medicines that you have in your home. Answer these questions together:

- ▶ What are the active ingredients?
- ▶ Are any side effects listed (under "Warnings")?
- ▶ Where is the poison control number on this label?
- ▶ What is the correct dose for your child to take if he or she is sick?
- ▶ How frequently should your child take the medicine if he or she is sick?
- ▶ Is the dose or frequency different for a younger sibling?
- ▶ What type of medicine dosing device came with the medicine? (Make sure it is stored with the medicine!)



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# MEDICINE STORAGE AND DISPOSAL, SAFE USE, AND MISUSE

Using the correct dose of medicine is a science — too little won't be effective, and too much could be harmful. It's also important to make sure that medicines are stored up, away, and out of sight, as well as disposed of properly (see [bit.ly/fda-disposal](https://bit.ly/fda-disposal)).

Play the *Hidden Home Hazards* game and find additional resources at [www.ymiclassroom.com/otcmedsafety-families](http://www.ymiclassroom.com/otcmedsafety-families).



## Medicine Safety Hunt

How safe is each room in your home? Work together as a family to make sure that all types of health-related items are up and away in a safe location. Look for all of the following:

- ▶ Liquid medicines
- ▶ Pills
- ▶ Medicated creams
- ▶ Cough drops
- ▶ Eye drops
- ▶ Vitamins
- ▶ Supplements
- ▶ Prescription medicines
- ▶ Other healthcare products or potentially dangerous products, such as detergent pods



dosage cup

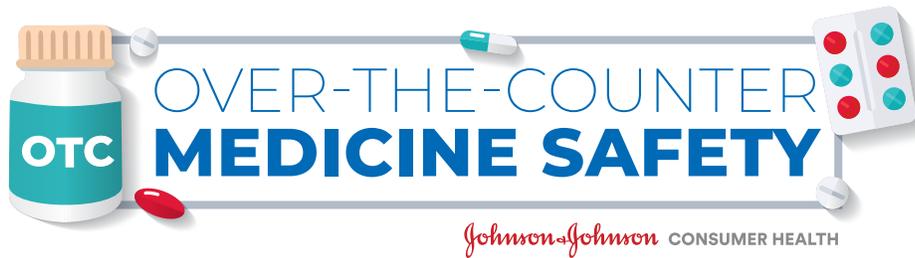
## What Should You Do?

As a family, read each of the following scenarios about OTC medicines. Is this situation safe? Is this misuse? How should the characters handle the situation?

- ▶ Nikita has a headache. Last time she had a headache, her dad gave her some ibuprofen. He isn't home from work yet, so Nikita goes to the medicine cabinet and takes a couple of the pills without talking to her dad.
- ▶ Ruben is taking a dose of cough syrup under his mom's supervision. He forgot the dosing device in the cabinet, so he grabs a spoon from the kitchen drawer to measure his dose of medicine.
- ▶ Every day, Angelica takes a once-a-day allergy medicine. Her mom always reminds her at breakfast. Today, though, it doesn't seem to be working. At lunchtime, Angelica takes another dose of the medicine so she will feel better faster.

1. Are all medicines up, away, and out of sight?
2. Is the medicine dosing device stored with the medicine?
3. When disposing of a medicine, do you follow the U.S. Food and Drug Administration's guidelines?
4. Is any medicine past its expiration date?

Get free, confidential answers to your medicine questions by calling the Poison Help Line, **1-800-222-1222**, or visit [poisonhelp.org](http://poisonhelp.org).



## OUR OTC MEDICINE SAFETY CHECKLIST

- Read and follow the *Drug Facts* label every time.
- Measure carefully. Keep the medicine and the dosing device it comes with together. Never use household spoons to measure medicine.
- Check that all medicines, vitamins, and supplements are stored up, away, and out of sight of young children. Keep prescription medicines locked away.
- Ensure that the child safety caps are locked on all medicines.
- Remind visitors to keep luggage, purses, or anything else that might have medicines in it out of children's reach and sight.
- Medicines should only be taken with the supervision of an adult or trusted guardian. Communicate with other caregivers to prevent double-dosing errors.
- Make sure your children know that using OTC and prescription medicines incorrectly can cause harm.
- Program the **Poison Help** number into your phone: **1-800-222-1222**.
- Bookmark the Interactive Poison Help Website: [poisonhelp.org](http://poisonhelp.org).

## EMERGENCY CONTACTS

Post these numbers in a prominent place in your home. Remember to save them into your cell phone in case of emergency.

Family Doctor Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_



Poison Help Line: **1-800-222-1222**

Open 24 hours a day every day of the year. Calls are fast, free, and confidential.

Interactive Poison Help Website:

[poisonhelp.org](http://poisonhelp.org)

Learn more about **OTC Medicine Safety** at [www.ymiclassroom.com/otcmedsafety-families](http://www.ymiclassroom.com/otcmedsafety-families).