



# OVER-THE-COUNTER MEDICINE SAFETY



## 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.			

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# OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8  
PRE-ASSESSMENT

## 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

## 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.	
Prescription medicine	<input type="checkbox"/>
Over-the-counter (OTC) medicine	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

Q2. This is medicine bought in a drugstore, pharmacy, or grocery store without having to get a doctor's permission.	
Prescription medicine	<input type="checkbox"/>
Over-the-counter (OTC) medicine	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

## 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You can't be harmed by over-the-counter medicines.	<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 they had when they 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"/>

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.	<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"/>
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"/>

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# OVER-THE-COUNTER MEDICINE SAFETY



GRADES 5-8  
POST-ASSESSMENT

## 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.			
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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.			

# 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.

✓

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# Pre/Post-Assessment Quiz (continued)

Medicine Safety		
<b>Q5.</b> Are the following statements True or False? Check one answer for each row.	<b>TRUE</b>	<b>FALSE</b>
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.	✓	
<b>Q6.</b> Are the following statements True or False? Check one answer for each row.	<b>TRUE</b>	<b>FALSE</b>
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:

### COMPARE OVER-THE-COUNTER VS. PRESCRIPTION (RX) MEDICINES

#### Part 1

1. Both
2. Prescription (Rx) medicine
3. Prescription (Rx) medicine
4. Both
5. Over-the-Counter (OTC) medicine
6. Both
7. Both

#### Part 2

1. Prescription (Rx)
2. Don't know (not enough information)
3. OTC

## Unit 2, Activity 2:

### USING THE DRUG FACTS LABEL

1. Side effects may include drowsiness and/or excitability, especially in children
2. 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 an allergic reaction or overdose occurs.
3. The **Directions** section.
4. Answers could include that the *Drug Facts* label appears in a standardized format for consumers' ease of use and understanding in what a medicine does and how to use it safely. The label allows consumers to know where to look for information to make informed choices relevant to their health situation. Most serious warnings are presented first as it is helpful to convey these important safety messages to consumers.<sup>1</sup>
5. Answers might include: Uniform formatting on the label: Use of bolded and italicized headers and bulleted information within sections increases readability; use of bolded font emphasizes important safety information, such as "Keep out of reach of children," "Stop use and seek medical help right away."
6. 1-800-222-1222

## Unit 2, Activity 3:

### FIND A DRUG FACTS LABEL SCAVENGER HUNT

Answers will vary.

## Unit 3, Activity 4:

### ACCURATE MEDICINE DOSING

1. Olivia is 13 years old. The proper dose for adults and children 12 years of age and older is 5 ml two times per day. The dose may be repeated every 12 hours while symptoms last. Olivia's reasoning might be that since it is a new day that she can take another dose of medicine. This is an error as no more doses should be given until 9 am. The label directs that it is not safe to take more than 10 ml in 24 hours.
2. Miguel is 11 years old. The proper dose for children under 12 years of age is 2.5 ml two times per day. Taking 5 ml once a day can result in an overdose and potential side effects.
3. Using anything other than the dosing device that is packaged with the medicine can result in an inaccurate dose.

## 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 AWARENESS IN YOUR COMMUNITY

Answers will vary.

## Unit 5, Activity 8:

### OTC MEDICINE SAFETY ARTICLE

Answers will vary.

1. <https://www.fda.gov/media/150098/download>;

2. <https://www.fda.gov/drugs/information-consumers-and-patients-drugs/otc-drug-facts-label>