Welcome to Medicines in My Home.
Today, we are going to talk about over-the-counter (or OTC) medicines and how to use OTC medicine labels. To use OTC medicines safely and correctly, you need to read the label and use the information on the label.

Many of the medicines that people use to treat common problems like headaches, fever, stuffy nose, allergies, cough, upset stomach, or diarrhea are over-the-counter medicines.

Today we are going to learn:
• How to read an OTC medicine label
• How to choose a medicine that is right for your problem
• How to take the right amount of medicine
• How to know when you need to stop using a medicine or when you should not use a medicine at all.

Over the next few years, you may start making some of these decisions on your own. But for now, while you are still learning and growing, it is important to use medicines only with permission from your parent or guardian.
Medicines are Drugs

A medicine or drug...
- changes how your body works, or
- treats or prevents a disease or symptom

So, what is a medicine?

A medicine is a drug. **Medicine** and **drug** mean the same thing.

A medicine or drug changes how your body works OR
Treats or prevents a disease or symptom.

Medicines can do things as simple as making you feel better when you have a cold or as complicated as treating cancer (like chemotherapy).

Today we are going to be talking about the safe and correct use of medicines, mostly over-the-counter medicines. All of the prescription and over-the-counter medicines you use are approved by the Food and Drug Administration (FDA). The Food and Drug Administration is the part of our country’s government that makes sure that our medicines are safe and do what they say they do.
So, have you or has anyone in your family used an over-the-counter medicine this week?

(In the classroom, write down the medicine taken by the student or family member and the reason it was taken. Students tend to provide examples of both over-the-counter medicines and prescription medicines. If you are not familiar with a medicine or think that it may be a prescription medicine, ask the student whether he or she needs a prescription from a doctor to get the medicine.)

Okay. This list gives us good examples of why people use medicines. Headaches, stuffy nose, and allergies are very common reasons that people use over the counter medicines.

Some of these examples are prescription medicines. Let’s take a couple of minutes and talk about how prescription and over-the-counter medicines are different and how they are the same.
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Prescription and Over-the-Counter Medicines

How are they different? How are they the same?

**Prescription**
1. Ordered by a doctor
2. Bought at a pharmacy
3. Ordered for and used by only one person

**Over-the-Counter**
1. Can buy without a doctor’s order
2. Bought off the shelf in store aisles
3. May be used by more than one person for the same symptom or problem

Both types of medicine:
- Directions must be followed carefully and correctly
- Children should use only with permission of a parent or guardian
- A pharmacist can answer questions

Any medicine can cause harm if you use too much of the medicine or use it incorrectly. This is true for prescription and over-the-counter medicines.

For all medicines, you must read and follow the directions.

Children should use medicine only with permission from a parent or guardian.

If you have questions about a medicine, you can ask a pharmacist. If the pharmacist can’t answer your question, call your healthcare professional.
Important Medicine Rules

- Never share your prescription medicine with someone else.
- Never use someone else’s prescription medicine.
- With all medicines, always check the dose.
  - The right dose for you may be different than for your friend or family member.
How do you decide which medicine is the right OTC medicine for you?

Read the Drug Facts label

All OTC medicines have a Drug Facts label

Each of you has a label for “Feel Better” Cold and Fever Tablets. Next to the package label is the Drug Facts Label.

Every over-the-counter medicine in the United States has a Drug Facts Label that looks like this. While the information inside the box is different for each medicine, the design of the Drug Facts Label and the order of the different sections is always the same. This makes it easy to compare different medicines when you are trying to choose the right medicine for your problem. It also makes it easy to find the information you need to use your medicine correctly and safely.

Let’s take a closer look.
Up at the very top of the first column of the Drug Facts Label are sections called:

- **Active ingredients**
- **Purposes**
- **Uses**

These 3 sections talk about the medicine’s active ingredients and what they do.
Active Ingredients:
The parts of the medicine that make it work.

What does Drug Facts tell us about each active ingredient???

- Its name
- How much is in each pill or teaspoon (5 mL)
- What it does (its purpose or job)
- The problems it treats (its uses)

(Teach right off the slide)
Let's look at the label you have in front of you.

What does Feel Better Cold and Fever Suspension treat?

What are the active ingredients?

(Call on a student to provide one active ingredient and what it does. Call on a second student to provide the second active ingredient and what it does)

(Can then click through 4 clicks to demonstrate all the places on the label that shows us what the medicine treats and with what ingredients.)
Let's look at the label you have in front of you.

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Let’s meet Keisha.

Keisha is in high school. When she woke up today, she was feeling really lousy. She had a stuffy nose, a sore throat, and body aches all over. Her mother agreed that she needed to stay home from school and gave her some Get Better cold and fever medicine before she left for work.

Two hours later, Keisha gets one of her really bad headaches. She gets those every now and then. She calls her mom at work and says,

“Mom, I have one of my terrible headaches…can I take my headache medicine?”

Mom is pretty smart and says, “Honey, I don’t have the medicines here with me. Please get both medicines and let’s look at the labels to see if you can use the medicines together.”
Can Keisha take these medicines together?

The label and Drug Facts for the medicine Keisha took this morning is on the left. (click)
The label and first part of Drug Facts for the headache medicine that Keisha would like to use now to treat her terrible headache is on the right. (click)

Can Keisha take these two medicines together?
Is there any information on the labels that can help you decide?

(Click)

Both of these medicines have acetaminophen as an active ingredient. If Keisha takes the right dose of both medicines, then she is taking twice the recommended dose of acetaminophen. This might not be a problem if she does it only once, but if Keisha keeps using both of these medicines 3 or 4 times per day for 2 or 3 days, she could really hurt herself. Too much acetaminophen can damage your liver.

(Click)

NO – Keisha should not use these medicines together.

What should Keisha or Keisha’s mom do to find out what Keisha can take for her headache? (Call Keisha’s doctor.)
Now let’s look at a different part of the Drug Facts Label.

The part you see outlined in red on the slide takes up more than half of the Drug Facts Label…What is all this stuff?

(click)

Warnings!
Warnings

The warnings section tells you:

- When you **should not** use the medicine at all
- When you should talk to your doctor first
- How the medicine might make you feel
- When you should stop using the medicine
- Things you **should not** do while taking the medicine.

(Teach from the slide)
Allergy Alert

- When your body has an allergic reaction, you may have:
  - Itching
  - Rash
  - Hives
  - Swelling
  - Fainting
  - Trouble breathing

- If you think you are allergic to a medicine, do not use it.

- If you think that you or someone else is having an allergic reaction,
  - tell an adult right away.
  - Call 911 for trouble breathing or fainting.

Let's talk about the Allergy Alert.

Have any of you had or do any of you know someone who has had an allergic reaction to a medicine?

What happened? (Take answers from students)
Those are really good examples.

When your body has an allergic reaction, you may have: itching, rash, hives (blistery, itch skin bumps), swelling, fainting, or trouble breathing.

If you think you are allergic to a medicine, do not use it. The first reaction you have may only be a rash or hives, but if you use the medicine again, you may get a more severe reaction and stop breathing.

If you think that you or someone else is having an allergic reaction: tell an adult right away. If you or someone else is having trouble breathing or faints, call 911.
Ask a doctor before use...
Ask a doctor or pharmacist before use...

- When to ask a doctor, nurse, or pharmacist BEFORE using the medicine.
  - Some medical problems can make using a medicine less safe.
  - Some medicines should never be used together.

The *Ask a doctor before use*… and *Ask a doctor or pharmacist before use*….sections are very similar.

(Teach the slide bullets)
The *When using this product* section gives you special information about using the medicine.

(click)

Some examples include:
(Read the examples off the slide)
Stop use and ask a doctor if...

- Reasons to stop taking a medicine include:
  - If you have an allergic reaction
  - If you have new problems like stomach pain, throwing up, or dizziness
  - If you are not feeling better after a certain number of days

(Teach from the slide)
Keep out of reach of children

- Young children may think medicine tastes **REALLY GOOD**.
- **Medicine is not candy** and can harm them if they take too much.
- If someone you know takes too much medicine or the wrong medicine, tell an adult right away. Call the *Poison Control Center* for help.

How many of you have a younger brother or sister?

When kids are little, they don’t understand the difference between medicine and candy.

What do you think? Do they make children’s medicine taste good or yucky?

The companies that make medicines make them taste good so that kids will take them when they are sick and need to take them.

The problem is that some tablet medicines look a lot like Sweet Tarts or Smarties or Skittles. Liquid medicines can taste a lot like Kool Aid or other kids’ drinks. Medicine is not candy and can harm children if they take too much.

If someone you know takes too much medicine or the wrong medicine, tell an adult right away. Call the Poison Control Center for help. This phone number is on the back of the booklet that you will get at the end of class.
Anthony

- 12 years old.
- Soccer goalie.
- Championship game today.
- Anthony has allergies: stuffy, runny nose and sneezing; watery eyes.
- What can he do?

Anthony speaks with his parents. Together, they look at the medicines in their home.

Let’s meet Anthony.
Anthony is 12 years old. He is the goalie for his middle school soccer team and he is REALLY GOOD.

Today his team plays for the county championship, but Anthony woke up with really bad allergies. His nose is all stuffy and runny. His eyes are watery and he can’t stop sneezing. Anthony is really worried that his allergies will keep him from playing his best. What should he do?

(Someone will say…He should take some allergy medicine)

Should he just go off on his own and take some medicine?

No, he should talk to his mom or dad about how he is feeling first.

So, Anthony and his mom and dad go to the high cabinet where they store their medicine, and they start looking for the right kind of medicine for Anthony’s allergy problems.
Up on the medicine shelf, Anthony and his parents find this medicine. *Feel Better – Allergy Relief.*

Great! It is an allergy medicine.

What kinds of symptoms or problems does this medicine treat?

What is the active ingredient?

It says here that the active ingredient is chlorpheniramine (klor-fen-ear-u-mean), which is an antihistamine. An antihistamine is the type of medicine that treats most allergy symptoms.

Now let’s learn more about this medicine from the Drug Facts Label…
I don’t want you to try to read this whole label.

I want to focus on one particular warning in the **When using this product** section…. (click)

It says “You may get drowsy.”

Is that a good thing? Anthony needs to play in a soccer game. This might be a great medicine for him to take if it was bedtime and he wanted his allergy symptoms to get better so he could sleep. But it may not be the best choice for a medicine before his championship soccer game.

So, Anthony and his parents rummage around a bit more through the medicines on the shelf and they find…. 
Hey, look at that. It is another “Feel Better” allergy medicine, but this one is called: *Feel Better Allergy and Congestion Relief*.

Let’s see how this medicine compares to the last one.

What kinds of problems does this medicine treat??

That’s right. This one still treats Anthony's sneezing and itchy, watery eyes, but it also treats his stuffy nose.

What are the active ingredients? Can we tell? This medicine has our old friend phenylephrine in it….what does the phenylephrine do? Yes, it treats the stuffy nose.

But look, it also has an antihistamine like the other allergy medicine did. Is this the same antihistamine or a different antihistamine than the one in the other box? (Flip back to slide 21 and then come back to slide 23).

This is a different antihistamine. Let’s look at the Drug Facts Label and see what this means for Anthony.
Again, don’t try to read this whole label. Let’s look at this one warning in the **When using this product section:**

(click)

It says, “Taking more than directed may cause drowsiness.”

Should Anthony ever take more than directed on the label? **NO.**

So, if Anthony follows directions and takes the correct dose of the medicine, this medicine should not make him sleepy. Also, this medicine will help his stuffy nose.

So, Anthony takes some Feel Better, Allergy and Congestion Relief, he feels better, and his team wins the game!

(If you click the megaphone in the lower left corner of the slide, the crowd will cheer Anthony’s victory).
Once you think you have found the right medicine for your problem...

What else do you need to know before you use your medicine?
Now that you think you have found the right medicine for your problem, what else do you want to know about your medicine?

(click)

How to use it.

(click)

Every Drug Facts Label has a section called *Directions for use*. 
The directions tell you.....
(click)
• How much medicines to use
• How often to use it
• How long you can use it.
(click)
So, once you find out how much medicine to take, is it okay to just grab any old teaspoon or tablespoon from your kitchen to measure your medicine?

NO!

If we all brought in a spoon from home, we would find out that they are not the same size and don’t hold the same amounts of medicine.

You need a medicine measuring tool to correctly measure your dose of medicine.
A lot of liquid over-the-counter medicines for children and adults come with a little measuring cup like the one you see at the top of the slide. A lot of infant medicines for very young children come with a syringe so you can squirt the medicine into the back of their mouths.
Measuring Tools for Medicines

- Use the measuring spoon, cup, or syringe that comes with your medicine. This is the most exact way to measure your dose.
- If your medicine doesn’t come with a special measuring tool, ask for one at the pharmacy.
- A silverware spoon may hold the wrong amount of medicine.
- Make sure the tool can measure the right dose – check the markings on the tool.

You should always use a medicine measuring tool to measure liquid medicines. Kitchen silverware spoons are different sizes and will not give the exact dose.

It is important to wash these measuring tools with soap and water after using them so they don’t pass germs from one person in your family to another.
Other information and Inactive ingredients

- Other information -
  - How to keep your medicine when you are not using it.

- Inactive ingredients - used to:
  - Form a pill
  - Add flavor or color
  - Make a tablet or film dissolve quickly on your tongue
  - Help a medicine last longer on the shelf

We are now at the very end of the Drug Facts Label.

(click)

(Teach from the slide)
The very last section of the Drug Facts label gives you information about how to contact the company that makes the medicine. Sometimes you may have a question about the medicine. Sometimes you may have an unexpected reaction to a medicine.

If you have an unexpected reaction to a medicine, it is very important to call and let the company know. The companies that make medicines are required to keep track of all unexpected reactions to their medicines and report them to the Food and Drug Administration. The doctors and other health specialists at the FDA look at these reports and watch for any sign that a medicine may not be as safe as they thought.

Reports about medicines from people who use them provide important information.
Be Safe!!

Use your OTC medicines wisely
Take Home Messages

- **Speak with a parent or adult before using any medicine.**

- **Read the label carefully.**
  - The information you need to use your OTC medicine safely and correctly is in the Drug Facts Label.

- **OTC medicines are serious medicines.**
  - Be smart about what you put into your body - it’s the only body you have.

We hope you will share this information with your family.

Thank you.
Additional Resource Slides
The Food and Drug Administration (FDA) is the part of our government that makes sure that:

• Medicines and vaccines are safe to use and do what they say they do

• Veterinary medicines are safe and do what they say they do for animals

• Devices and tools used in medicine are safe and work right (toothbrushes, contact lenses, X-ray machines, lasers)

• Cosmetics like make-up and skin lotions are safe.

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