

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

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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.

Who Has Used an Over-the-Counter Medicine This Week?



What are some reasons for using an OTC medicine?

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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.

Prescription and Over-the-Counter Medicines



How are they different?

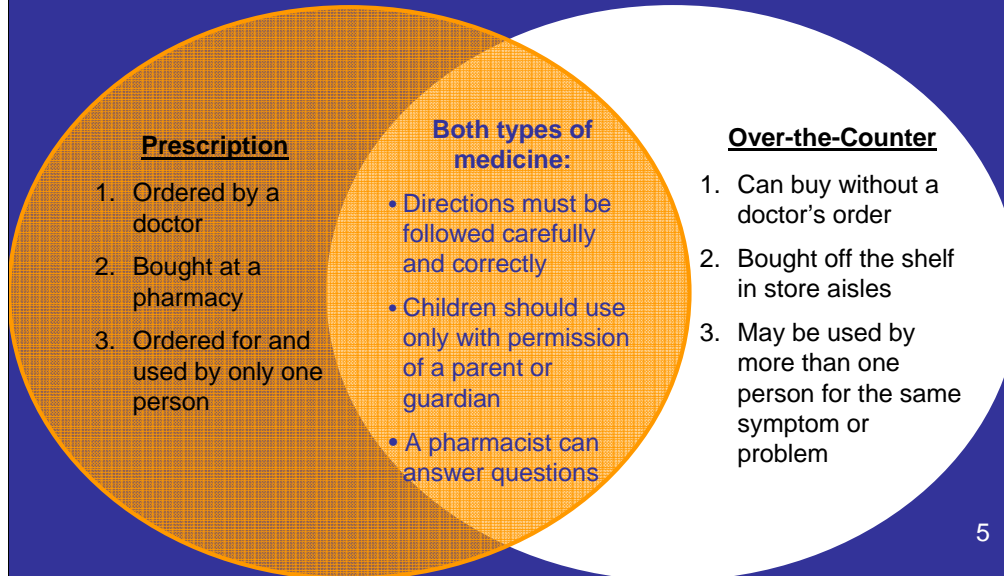
How are they the same?

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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.

Prescription and Over-the-Counter Medicines

How are they different? How are they the same?



(Click through the differences over 3 clicks – compare and contrast)

(Click once more to bring up the similarities)

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.

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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

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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.

Active Ingredients
And what they do

Drug
Facts
Label

Drug Facts

Active ingredients	Purposes
(in each 5 ml teaspoonful) Ibuprofen 100 mg (NSAID)*.....Pain reliever/ fever reducer	
Pseudoephedrine HCl 15mg.....Nasal decongestant *nonsteroidal anti-inflammatory drug	

Uses temporarily relieves

- nasal and sinus congestion
- stuffy nose
- minor body aches and pains
- head ache
- sore throat
- fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- asthma (wheezing)
- skin reddening
- facial swelling
- shock
- rash
- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use

- if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
- right before or after heart surgery
- in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.

Ask a doctor before use if the child has

- problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants
- stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain
- ulcers
- bleeding problems
- not been drinking fluids
- lost a lot of fluid due to vomiting or diarrhea
- high blood pressure
- heart or kidney disease
- taken a diuretic

Ask a doctor or pharmacist before use if the child is

- taking any other drug containing an NSAID (prescription or nonprescription)
- taking a blood thinning (anticoagulant) or steroid drug
- under a doctor's care for any continuing medical condition
- taking any other drug

Drug Facts (continued)

When using this product

- take with food or milk if stomach upset occurs
- long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if

- an allergic reaction occurs. Seek medical help right away.
- the child does not get any relief during the first day (24 hours) of treatment
- fever, pain, or nasal congestion gets worse or lasts for more than 3 days
- stomach pain or upset gets worse or lasts
- symptoms continue or get worse
- redness or swelling is present in the painful area
- the child gets nervous, dizzy, or sleepless
- any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

- this product does not contain directions or complete warnings for adult use
- do not give more than directed
- do not give longer than 10 days, unless directed by a doctor (see Warnings)
- shake well before using
- find right dose on chart below. If possible use weight to dose; otherwise use age
- use only with enclosed measuring cup
- if needed, repeat dose every 6 hours
- do not use more than 4 times a day
- replace original bottle cap to maintain child resistance
- wash dosage cup after each use

Dosing Chart		
Weight (lb)	Age (yrs)	Dose (teaspoonful)
under 24	under 2	ask a doctor
24-47	2 to 5	1 tsp
48-95	6 to 11	2 tsp

Other information

- do not use if printed neckband is broken or missing
- store at 15-30°C (59-86°F)
- see bottom of box for lot number and expiration date

Inactive ingredients acesulfame potassium, citric acid, corn syrup, D&C red #33, FD&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polyorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
<http://ChildrensFeeBetter.com>

Up at the very top of the first column of the Drug Facts Label are sections called: (click)

- Active ingredients
- Purposes
- Uses

(click)

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**)

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(Teach right off the slide)

What does this medicine treat?

**Children's
Feel Better
Cold and Fever
Suspension**

★★★★★★★★

Ibuprofen (NSAID) ▶ Pain reliever/
Fever reducer

Pseudoephedrine HCL ▶
Nasal decongestant

Relieves: **Grape Flavor**
Fever,
Sore Throat
Stuffy Nose

Drug Facts

Active ingredients	Purposes
(in each 5 ml teaspoonful) Ibuprofen 100 mg (NSAID)*.....	Pain reliever/ fever reducer
Pseudoephedrine HCl 15mg.....	Nasal decongestant

*nonsteroidal anti-inflammatory drug

Uses temporarily relieves

- nasal and sinus congestion
- stuffy nose
- head ache
- minor body aches and pains
- sore throat
- fever

Warnings

Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:

- hives
- asthma (wheezing)
- skin reddening
- facial swelling
- shock
- rash
- blisters

Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

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.)

**Children's
Feel Better
Cold and Fever
Suspension**

★★★★★

Ibuprofen ► Pain reliever/
(NSAID) Fever reducer

Pseudoephedrine HCL ►
Nasal decongestant

Relieves:
Fever,
Sore Throat
Stuffy Nose

Grape Flavor

Active ingredients	Purposes
(in each 5 ml teaspoonful)	
Ibuprofen 100 mg (NSAID)*	Pain reliever/ fever reducer
Pseudoephedrine HCl 15mg	Nasal decongestant

*nonsteroidal anti-inflammatory drug

Uses temporarily relieves

■ nasal and sinus congestion	■ sore throat
■ stuffy nose	■ head ache
■ minor body aches and pains	■ fever

This medicine treats:

- Fever
- Headache
- Minor body aches and pains
- Sore throat
- Stuffy nose
- Nasal and sinus congestion

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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.)

Keisha

- Keisha stayed home from school today because she is sick.
- She has a stuffy nose, sore throat, and aches all over.
- Mom gives her some **Get Better cold and fever medicine** before leaving for work.
- Two hours later, Keisha gets one of her really bad headaches. She wants to take her usual headache medicine to make it go away.



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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.”

Get Better Cold and Fever Suspension
Grape Flavor

Relieves:
Fever
Stuffy Nose
Minor aches and pains

Acetaminophen ► Pain reliever/
Fever reducer

Phenylephrine HCL ►
Nasal decongestant

Drug Facts	
Active Ingredients (in each 5 mL teaspoonful)	Purposes
Acetaminophen 500 mgPain reliever/ fever reducer
Phenylephrine HCl 5 mgNasal decongestant
Uses temporarily relieves	
■ nasal and sinus congestion	■ stuffy nose
■ headache	■ sore throat
■ minor aches and pains	■ fever

Headache Pain Relief Release
Liqui-gel capsules

Relieves:
Headache
Fever
Minor aches and pains

Acetaminophen ►
Pain reliever/Fever reducer

Drug Facts	
Active Ingredients (in each capsule)	Purposes
Acetaminophen 500 mgPain reliever/ fever reducer
Uses temporarily relieves	
■ headache	■ sore throat
■ minor aches and pains	■ fever

Can Keisha take these medicines together? **NO**

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?

(Let the students offer reasons the medicines can or can not be used together. Try to lead them to look at the active ingredients if they don't do it on their own.)

(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.)

What's all this stuff?

Warnings

Drug Facts
Active ingredients (in each 5 ml teaspoonful)
 ibuprofen 100 mg (NSAID)*.....Pain reliever/fever reducer
 *nonsteroidal anti-inflammatory drug

Purposes
 Pseudoephedrine HCl 15mg.....Nasal decongestant

Uses temporarily relieves
 ■ nasal and sinus congestion ■ sore throat
 ■ stuffy nose ■ head ache ■ minor body aches and pains ■ fever

Warnings
Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include:
 ■ hives ■ facial swelling
 ■ asthma (wheezing) ■ shock
 ■ skin reddening ■ rash ■ blisters
 Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.

Do not use
 ■ if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant
 ■ right before or after heart surgery
 ■ in a child who is taking a prescription antidepressant, MAOI, or Parkinson's disease medication, or if the child has taken a prescription antidepressant, MAOI, or Parkinson's disease medication within the last 14 days
 ■ if the child is taking any other drug containing an NSAID (prescription or nonprescription)
 ■ taking a blood thinning (anticoagulant) or steroid drug
 ■ under a doctor's care for any continuing medical condition
 ■ taking any other drug

Ask a doctor or pharmacist before use if the child is
 ■ having problems or side effects while taking pain relievers, fever reducers, or nasal decongestants
 ■ stomach problems, or if or come back, such as heartburn, upset stomach, or stomach pain
 ■ ulcers
 ■ bleeding problems
 ■ not been drinking fluids
 ■ lost a lot of fluid due to vomiting or diarrhea
 ■ high blood pressure
 ■ heart or kidney disease
 ■ taken a diuretic

Drug Facts (continued)
When using this product
 ■ take with food or milk if stomach upset occurs
 ■ long term continuous use may increase the risk of heart attack or stroke

Stop use and ask a doctor if
 ■ an allergic reaction occurs. Seek medical help right away.
 ■ the child does not get any relief during the first day (24 hours) of treatment
 ■ fever, pain, or nasal congestion gets worse or lasts for more than 3 days
 ■ stomach pain or upset gets worse or lasts
 ■ symptoms continue or get worse
 ■ redness or swelling is present in the painful area
 ■ the child gets nervous, dizzy, or sleepless
 ■ any new symptoms appear

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions
 ■ this product does not contain directions or instructions for adult use
 ■ use in children under 12 years of age only as directed on the label for 10 days, unless directed otherwise
 ■ use in children 12 years of age and older: If possible use age appropriate measuring device. If using enclosed measuring cup repeat dose every 6 hours
 ■ do not use more than 4 times a day
 ■ replace original bottle cap to maintain child resistance
 ■ wash dosage cup after each use

Dosing Chart		
Weight (lb)	Age (yrs)	Dose (teaspoonful)
under 24	under 2	ask a doctor
24-47	2 to 5	1 tsp
48-95	6 to 11	2 tsp

Other information
 ■ do not use if printed neckband is broken or missing
 ■ store at 15-30°C (59-86°F)
 ■ see bottom of box for lot number and expiration date

Inactive ingredients acesulfame potassium, citric acid, corn syrup, D&C red #33, FDA&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polyorbate 30, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
<http://ChildrenSeeBetter.com>

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.



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(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.

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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 (blistering, itchy skin bumps), swelling, fainting, or trouble breathing.

(click)

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.

(click)

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.



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

(Teach the slide bullets)

When using this product...



- Special information about using the medicine.
- Examples...
 - Do not use more than directed
 - Take with food or milk if stomach upset occurs
 - Drowsiness may occur
 - Avoid contact with eyes.

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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



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(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.

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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?

(click)

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

(click)

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.

(click)

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.

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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.

Chewable Tablets Grape Flavor

Feel Better - Allergy Relief
for kids and their grown-ups

Relieves:
Sneezing,
Runny nose
Itchy, watery eyes

Chlorpheniramine ▶
Antihistamine

★★★★★★

Because allergies should not
get in the way

4 Fl Oz (120 mL)



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...

Drug Facts

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
 ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings
Ask a doctor before use if you have
 ■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
 ■ trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

You may get drowsy. ■ avoid alcoholic drinks
 ■ tranquilizers may increase drowsiness
 ■ Do not drive or operate a motor vehicle or operating machinery
 ■ excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 5 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

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.

Feel Better: Allergy and Congestion Relief

Drug Facts	
Active ingredients (in each tablet)	Purpose
Loratadine 5 mg.....	Antihistamine
Pseudoephedrine sulfate 120 mg.....	Nasal decongestant
Uses	
<ul style="list-style-type: none"> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: <ul style="list-style-type: none"> sneezing runny nose itchy, watery eyes itching of the nose or throat temporarily relieves nasal congestion due to the common cold, hay fever or other upper respiratory allergies reduces swelling of nasal passages temporarily relieves sinus congestion and pressure temporarily restores freer breathing through the nose 	
Warnings	
Do not use	
<ul style="list-style-type: none"> if you have ever had an allergic reaction to this product or any of its ingredients if you are now taking a prescription monoamine oxidase inhibitor (MAOI) (certain drugs for depression, psychiatric, or emotional conditions, or Parkinson's disease), or for 2 weeks after stopping the MAOI drug. If you do not know if your prescription drug contains an MAOI, ask a doctor or pharmacist before taking this product. 	
Ask a doctor before use if you have	
<ul style="list-style-type: none"> heart disease high blood pressure trouble urinating due to an enlarged prostate gland liver or kidney disease. Your doctor should determine if you need a different dose. thyroid disease diabetes 	
Directions	
<ul style="list-style-type: none"> do not divide, crush, chew or dissolve the tablet adults and children 12 years and over: 1 tablet every 12 hours; not more than 2 tablets in 24 hours children under 12 years of age: ask a doctor consumers with liver or kidney disease: ask a doctor 	
Other information	
<ul style="list-style-type: none"> safety sealed: do not use if the individual blister unit imprinted with Claritin-D[®] 12 Hr. is open or torn store between 15° to 25° C (59° to 77° F) keep in a dry place 	
Inactive ingredients	
acacia, butylparaben, calcium sulfate, carnauba wax, corn starch, lactose, magnesium stearate, microcrystalline cellulose, neutral soap, oleic acid, pharmaceutical ink, povidone, resin, sugar, talc, titanium dioxide, white wax, zein	
Questions or comments?	

Taking more than directed may cause drowsiness.



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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?

<p>Drug Facts</p> <p>Active ingredients (in each 5 mL teaspoonful) Ibuprofen 100 mg (NSAID)* Pain reliever/ fever reducer Pseudoephedrine HCl 15mg Nasal decongestant *nonsteroidal anti-inflammatory drug</p> <p>Purposes temporarily relieves nasal and sinus congestion stuffy nose headache sore throat minor body aches and pains fever</p> <p>Warnings Allergy alert: Ibuprofen may cause a severe allergic reaction, especially in people allergic to aspirin. Symptoms may include: hives facial swelling asthma (wheezing) shock skin reddening rash blisters</p> <p>Sore throat warning: Severe or persistent sore throat accompanied by high fever, headache, nausea, and vomiting may be serious. Consult doctor promptly. Do not use more than 2 days or administer to children under 3 years of age unless directed by a doctor.</p> <p>Do not use if the child has ever had an allergic reaction to any other pain reliever/fever reducer and/or nasal decongestant right before or after heart surgery in a child who is taking a prescription monoamine oxidase inhibitor (MAOI), certain drugs for depression, psychiatric or emotional conditions, or Parkinson's disease, or for 2 weeks after stopping the MAOI drug. If you do not know if your child's prescription drug contains an MAOI, ask a doctor or pharmacist before giving this product.</p> <p>Ask a doctor before use if the child has problems or serious side effects from taking pain relievers, fever reducers, or nasal decongestants stomach problems that last or come back, such as heartburn, upset stomach, or stomach pain ulcers bleeding problems not been drinking fluids lost a lot of fluid due to vomiting or diarrhea high blood pressure heart or kidney disease taken a diuretic.</p> <p>Ask a doctor or pharmacist before use if the child is taking any other drug containing an NSAID (prescription or nonprescription) taking a blood thinning (anticoagulant) or steroid drug under a doctor's care for any continuing medical condition taking any other drug</p>	<p>Drug Facts (continued)</p> <p>When using this product take with food or milk if stomach upset occurs long term continuous use may increase the risk of heart attack or stroke</p> <p>Stop use and ask a doctor if an allergic reaction occurs. Seek medical help right away. the child does not get any relief during the first day (24 hours) of treatment. fever, pain, or nasal congestion gets worse or lasts for more than 3 days stomach pain or upset gets worse or lasts symptoms continue or get worse redness or swelling is present in the painful area the child gets nervous, dizzy, or sleepless any new symptoms appear</p> <p>Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.</p> <p>Directions For Use</p> <p>Other information do not use if printed neckband is broken or missing store at 15-30°C (59-86°F) see bottom of box for lot number and expiration date</p> <p>Inactive ingredients acetaminophen, potassium, citric acid, corn syrup, D&C red #33, FD&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polysorbate 80, purified water, sodium benzoate, xanthan gum</p> <p>Questions? 1-800-123-4567 http://ChildrenFeeBetter.com</p>
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How to use the 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**.

Directions



- How much medicine to use
- How often to use it
- How long you can use it



How should you measure your dose of medicine?

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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.

Measuring Tools for Medicines



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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.

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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



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

(click)

(Teach from the slide)



Questions or Comments

Where to find a telephone number or website to:

- ask questions about the medicine
- report an unexpected reaction to the medicine



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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.

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 FDA.