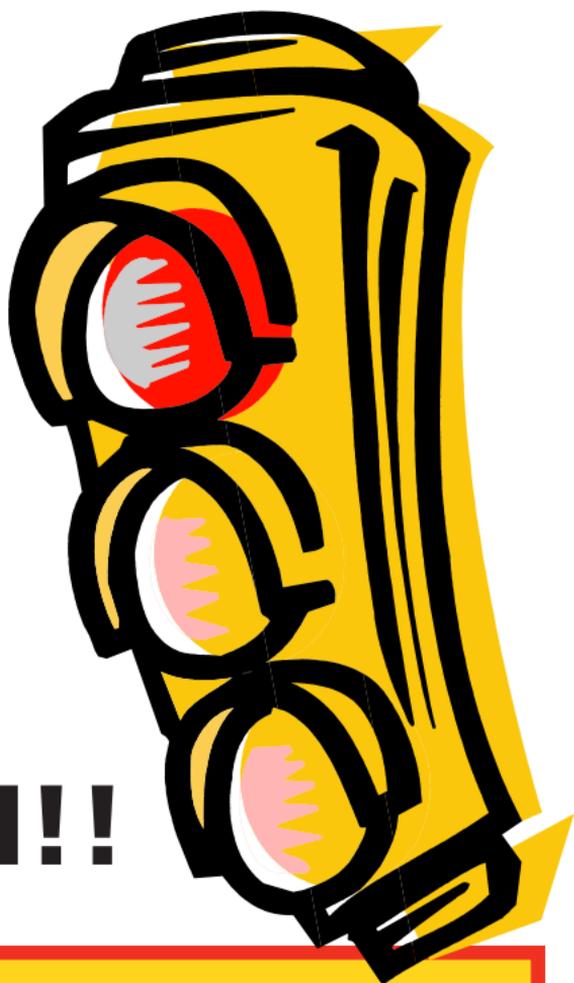


**STOP...**  
**LOOK!**  
**LOOK**  
**AGAIN!!**



## Protect Yourself Against **Tampering**

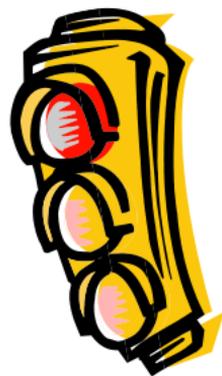
*U.S. nonprescription, over-the-counter (OTC) medicines are among the most safely packaged consumer products in the world. Most, by law, are sealed in tamper-evident packaging for your protection. But there is no such thing as a tamper-proof package.*

**See the back for six things you can do to protect you and your family from tampering.**

# Six Tips to Protect You and Your Family Against Medicine Tampering

- **Read the label.** Be alert to the tamper-evident features on the package before you open it. These features are described on the label.
- **Inspect the outer packaging for signs of tampering before you buy a product.**
- **Examine the medicine itself before taking it.** Check for capsules or tablets that differ from the others that are enclosed. Do not use medicine from packages with tears, cuts, or other imperfections.
- **Never take medicine in the dark.**
- **Examine the label and the medicine every time you take it or give it to someone else.**
- **Tell somebody if the product doesn't look right.** Do not buy or use medicine that looks suspicious. Always tell the store manager about questionable products so that they can be removed.

Before buying any medicine, you should **stop** and take a **look**. Before taking it, you should **look again**.



*A message from:*



**Council on Family Health**

Phone: (202) 331-7373  
[www.cfhinfo.org](http://www.cfhinfo.org)



**Consumer Healthcare Products Association**

Phone: (202) 429-9260  
[www.chpa-info.org](http://www.chpa-info.org)

*In cooperation with:*

**The U.S. Department of Health and Human Services' Food and Drug Administration**

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