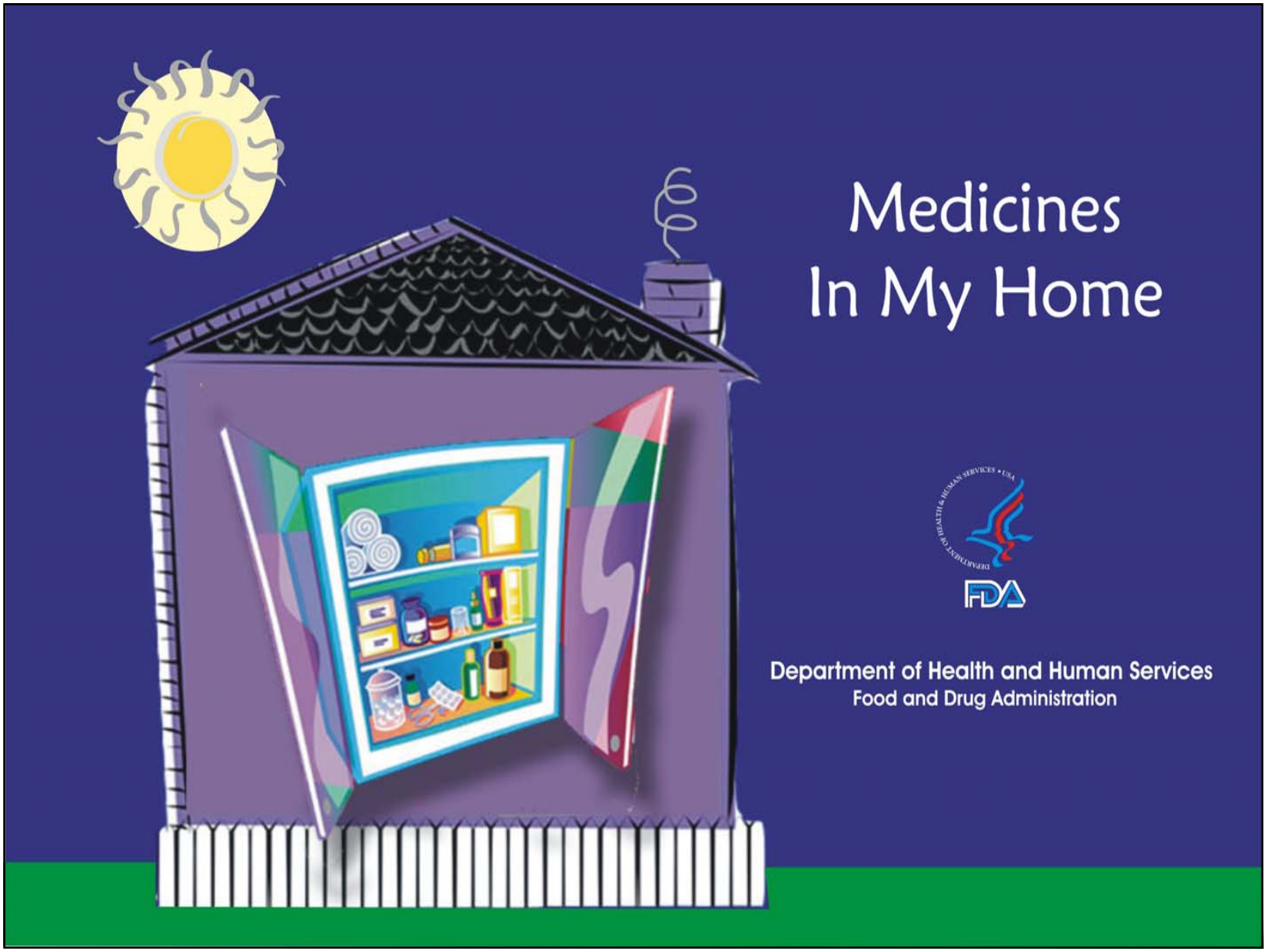
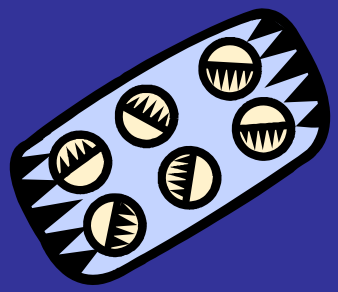

Medicines
In My Home
Department of Health and Human Services
Food and Drug Administration

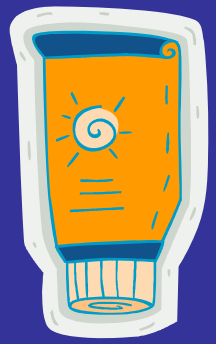
Medicines are Drugs

A medicine or drug…

- changes how your body works, or
- treats or prevents a disease or symptom

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





What are some reasons for using an OTC medicine?

Prescription and Over-the-Counter Medicines

How are they different?

How are they the same?

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

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

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

3 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

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
- head ache
- sore throat
- 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 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, FDA&C blue #1, FD&C red #40, flavors, glycerin, hypromellose, polysorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
http://ChildrensFeelBetter.com

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)

What does this medicine treat?

Drug Facts

Active ingredients (in each 5 ml teaspoonful)	Purposes
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
- sore throat
- 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.

Children's

Feel Better

Cold and Fever

Suspension

★★★★★★★

Ibuprofen ► Pain reliever/ Fever reducer
(NSAID)

Pseudoephedrine HCL ► Nasal decongestant

Relieves:
Fever,
Sore Throat
Stuffy Nose

Grape Flavor

Drug Facts

Active ingredients (in each 5 ml teaspoonful)	Purposes
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
- sore throat
- minor body aches and pains
- fever

This medicine treats:

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

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.

Grape Flavor

Get Better

Cold and Fever

Suspension

Relieves:
Fever
Stuffy Nose
Minor aches and pains

Acetaminophen ▶ Pain reliever/ Fever reducer

Phenylephrine HCL ▶ Nasal decongestant

Drug Facts

Active Ingredients	Purposes
(in each 5 mL teaspoonful)	
Acetaminophen 500 mg	Pain reliever/ fever reducer
Phenylephrine HCl 5 mg	Nasal 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	Purposes
(in each capsule)	
Acetaminophen 500 mg	Pain reliever/ fever reducer

Uses temporarily relieves
- headache
- sore throat
- minor aches and pains
- fever

Can Keisha take these medicines together?

NO

What's all this stuff?

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
- sore throat
- 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 prescr oxidase inhibitor (MAOI), e depression, psychiat Parkinson's dis the MAOI d prescription or pharmacis

Ask a doctor b

- problems or ser taking pain relievers, fever re al decongestants
- stomach problems st 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 ▶

Warnings

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 prod not contain directions or com for adult use
- n directed
- 10 days, unless directed s)
- elow. If possible use wise use age.
- enclosed measuring cup
- , repeat dose every 6 hours
- 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, polysorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567

http://ChildrensFeelBetter.com

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.

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.

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.

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.

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

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.

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.

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)

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
- quilizers may increase drowsiness
- be careful when driving 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 6 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

23

Chewable Tablets

Grape Flavor

Feel Better

Allergy and Congestion Relief

for kids and their grown-ups

Relieves:
Sneezing,
Stuffy nose
Itchy, watery eyes

Loratadine ► Antihistamine

Pseudoephedrine HCL ► Nasal decongestant

Because allergies should not get in the way

4 Fl Oz (120 mL)

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

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

- 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

- heart disease
- thyroid disease
- high blood pressure
- diabetes
- trouble urinating due to an enlarged prostate gland
- liver or kidney disease. Your doctor should determine if you need a different dose.

Taking more than directed may cause drowsiness.

Stop

- an allergic ... help right away.
- symptoms do not improve within 7 days or are accompanied by a fever
- nervousness, dizziness or sleeplessness occurs

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

- 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

- 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, rosin, sugar, talc, titanium dioxide, white wax, zein

Questions or comments?

Once you think you have found the right medicine for your problem…

What else do you need to know before you use your medicine?

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
- sore throat
- 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 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 For Use

24		
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, polysorbate 80, purified water, sodium benzoate, xanthan gum

Questions? 1-800-123-4567
http://ChildrensFeelBetter.com

How to use the medicine

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?

Measuring Tools for Medicines

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.

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

Questions or Comments

Where to find a telephone number or website to:

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

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

WHOLE GRAIN WHEAT!
Light