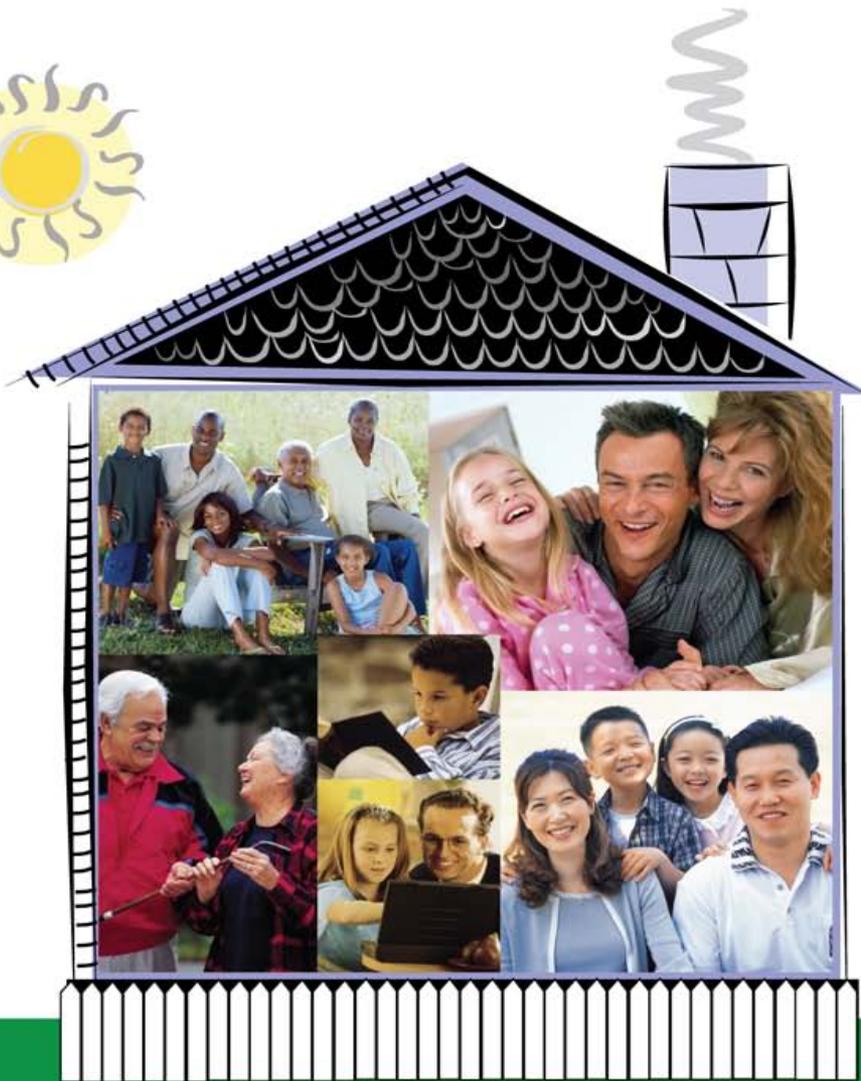




Medicines In My Home

www.fda.gov/medsinmyhome

An educational program
on the safe use of
over-the-counter medicines

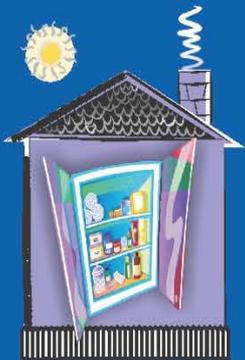


U.S. Department of Health and Human Services
Food and Drug Administration

Cindi Fitzpatrick
Consumer Safety Officer
U.S. Food and Drug Administration

Medicines in My Home

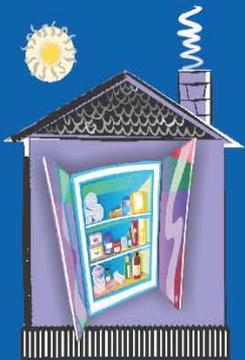
- Student program for 6th to 8th graders developed by FDA in cooperation with NCPIE
- Piloted by FDA healthcare professionals, then teachers, in 6th grade health classes
- Implemented since the 2006-2007 school year in health curriculum for 6th grade
- Taken by 10,000 6th graders per year
- A program for older students and adult consumers was developed from student one.



Medicines in My Home

Why?

- FDA is concerned about unintentional or intentional misuse of OTC medicines
- OTCs are commonly found in the home
- Children start to self-medicate, babysit around age 11 - 12 or earlier
- Education on the safe use of medicines can positively impact public health and safety
- School-based lessons can indirectly help to educate entire families.

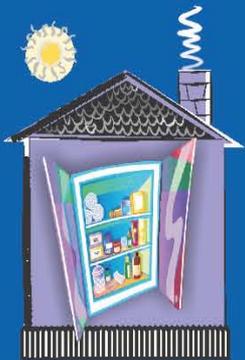


Medicines in My Home

Learning Objectives

Students will understand:

- Medicines should be used only with permission from an adult
- OTC medicines are serious medicines and can be harmful if you don't choose them carefully and use them correctly
- How prescription and OTC medicines are the same and different.





Medicines in My Home

Learning Objectives (continued)

- How to use the *Drug Facts* label to choose and use OTC medicines safely
- Two medicines with the same active ingredient shouldn't be used together
- How to measure a dose of medicine correctly
- How to get more information about medicines
- How to call a poison control center.



Drugs

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[FDA Home](#) > [Drugs](#) > [Resources for You](#) > [Information for Consumers \(Drugs\)](#)

Resources for You

[Information for Consumers \(Drugs\)](#)

[Buying & Using Medicine Safely](#)

Understanding Over-the-Counter Medicines

▶ [Medicines In My Home - MiMH](#)

[Choosing the right over-the-counter medicine \(OTCs\)](#)

[The Over-the-Counter Medicine Label](#)

[Tips For Parents](#)

[Safe Use of Over-the-Counter Pain Relievers and Fever Reducers](#)

[Safe Daily Use of Aspirin](#)

[Graphics and Other Media](#)

Medicines In My Home - MiMH



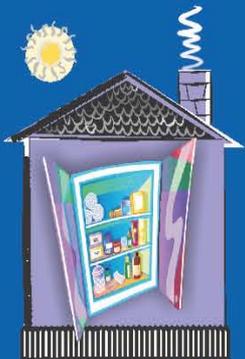
Resources

Resource Rooms for Medicines in My Home

- [Teachers' Room](#)
- [Students' Room](#)
- [Consumers' Room](#)
- [Press Room](#)
- [About Us](#)
- [Contact Us](#)

Teachers' Room

- Program:
 - ❖ Description
 - ❖ Key concepts
 - ❖ Learning objectives
- Teachers' Kit
 - ❖ Classroom materials
 - ❖ Home activity materials
- Teachers' Resources



INTERACTIVE PROGRAM COMING THIS FALL!!

Teachers' Room

Teachers' Kit

- Classroom Lesson Materials
 - ❖ PowerPoint - with slide notes
 - ❖ In-class Worksheet
 - ❖ Student Assessment Tools
 - ✓ Pretest
 - ✓ Post test
 - ✓ Answer Keys

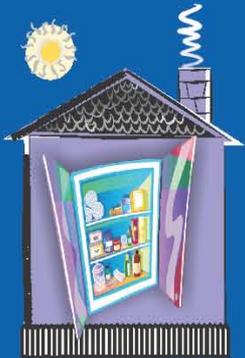


INTERACTIVE PROGRAM COMING THIS FALL!!

Teachers' Room

Teachers' Kit

- Home Activity Materials
 - ❖ Home Project
 - ❖ Student Booklet
 - ❖ All About Me Medicine Record



INTERACTIVE PROGRAM COMING THIS FALL!!

Teachers' Room

Teachers' Resources

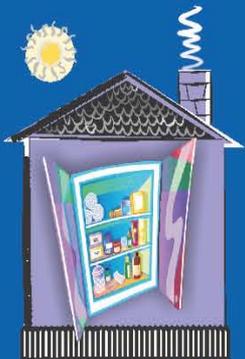
- Frequently Asked Questions about OTCs
- History of FDA and OTC Medicines
- Additional Teacher Resources
- Links to Other Resources



INTERACTIVE PROGRAM COMING THIS FALL!!

Students' Room

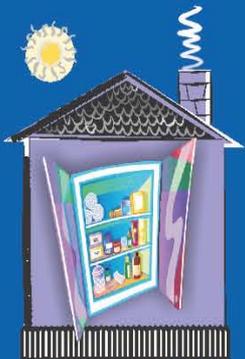
- PowerPoint for Students - with slide notes
- Student Booklet
- Medicine Records
 - ❖ All About Me
 - ❖ My Medicine Record
- Frequently Asked Questions about OTCs
- Student Resources



INTERACTIVE PROGRAM COMING THIS FALL!!

Consumers' Room

- Key concepts and learning objectives
- PowerPoint for Adults - with slide notes
- Adult Booklet
- Medicine Record
- Frequently Asked Questions about OTCs



INTERACTIVE PROGRAM COMING THIS FALL!!

Consumers' Room

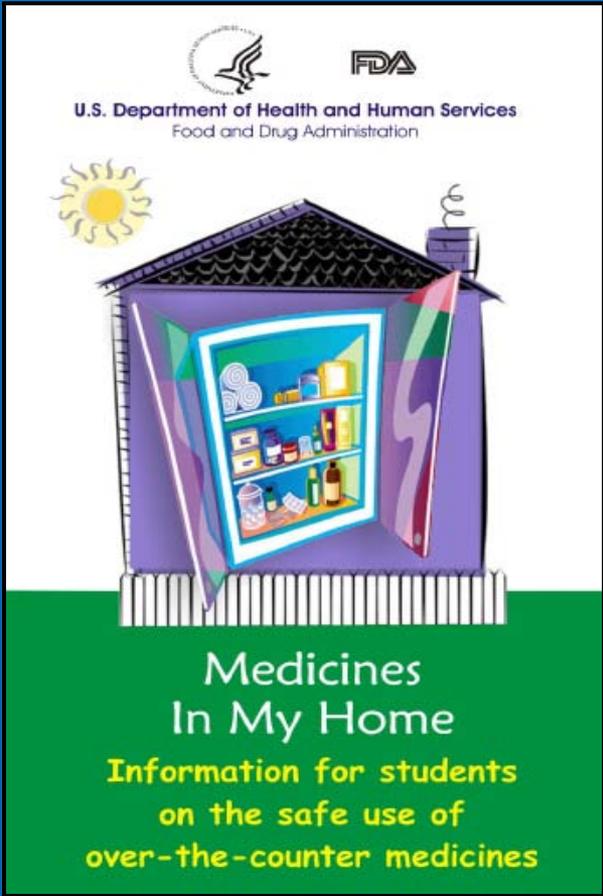
(continued)

- As They Grow - Teaching your children how to use medicines safely
- Checklists for Choosing OTC Medicines
- Resources for Consumers
- Resources for Parents and Caregivers

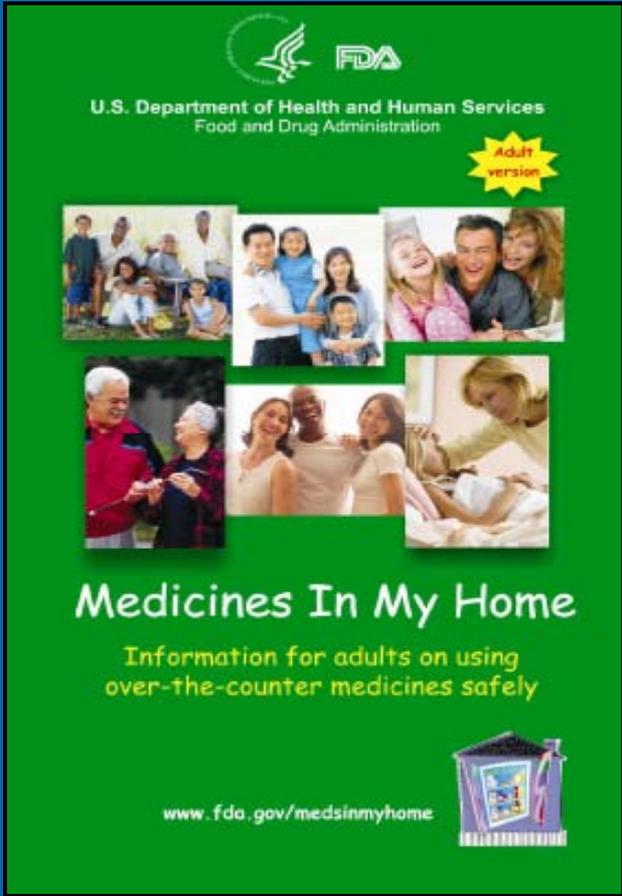


INTERACTIVE PROGRAM COMING THIS FALL!!

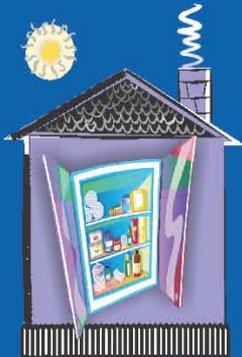
Booklets



Student



Adult



All About Me



All About Me:

Important information to share with my doctor

My Name:

Today's Date:

My Doctor's Name:

My Age:

Today I feel ...

My medicines are....



Medicine Name	What it treats	How much I take (dose)	How often to take it	Other comments

Questions I want to ask to day....

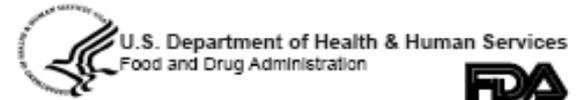


- 1.
- 2.
- 3.
- 4.



My Medicine Record

Be an Active Member of Your Health Care Team
My Medicine Record



Name: _____

Birth date: _____

	What I'm Using Rx-brand & generic name; OTC-name & active ingredients	What It Looks Like color, shape, size, markings, etc.	How Much	How to Use / When to Use	Start / Stop Dates	Why I'm Using / Notes	Who Told Me to Use / How to Contact
--- Enter ALL prescription (Rx) medicine (include samples), over-the-counter (OTC) medicine, and dietary supplements ---							
Ex	XXXX/xxxxxxxxxx	20 mg pill; small, white, round	40 mg; use two 20 mg pills	Take orally, 2 times a day, at 8:00 am & 8:00 pm	1-15-06	Lowers blood pressure; check blood pressure once a week; blood test on 4-15-06	Dr. X (800) 555-1212
1							
2							
3							
4							
5							
6							
7							
8							

As They Grow: Teaching Your Children How To Use Medicines Safely

3-year-olds	<ul style="list-style-type: none"> If you find a pill or a piece of candy, give it to a grownup. Don't taste it. Take medicines and vitamins only when your parent or guardian says you should. Tell a grownup right away if other children are getting into medicines.
5-year-olds	<ul style="list-style-type: none"> Ask your parents to put your name or a sticker on the medicine bottle so everyone knows which medicine is yours. Keep all medicines (and dietary supplements) out of the reach of young children. Tell guests to do the same. If you take medicine and feel worse, tell your parent or another grownup.
6-year-olds	<ul style="list-style-type: none"> Remind the person giving you medicine to read the label and check how much you should use. Read the label together. Remind the person giving you the medicine when you are supposed to take it next. Read the label together if you do not remember. At the doctor's office, ask the doctor to tell you: <ul style="list-style-type: none"> what medicine you will be using why you need to use it what the medicine does.
7-year-olds	<ul style="list-style-type: none"> Know the steps for taking medicine. Ask your parents which steps they should do alone, which steps you can do with them. Know the rules for taking medicines at school and follow them. Read the label before taking medicine. Is it what the doctor or your parent said? If not, tell them. Check how much medicine to use and how to use it. Use it as directed. Don't put medicines in pockets, and keep medicines away from young children. Don't take medicines in front of children younger than 4 years old. They may try to copy your behavior.
8-year-olds	<ul style="list-style-type: none"> Know how much you weigh. Tell your parents how much you weigh when they check the medicine label to see how much you should use. If you have a bathroom scale, learn how to weigh yourself.

	<ul style="list-style-type: none"> If you use medicine every day, write down the day and time you take it. Ask your parents to help you make a chart to fill in when you take your medicines. Tell them you will help fill the chart in. Ask questions about drug ads. Discuss drug ads you see on TV and what you read on the Internet with your doctor, nurse, pharmacist, or parents. Ask an adult what side effects can happen when you use a medicine. Watch for side effects and tell a grownup if they happen. Write down questions to ask a doctor, nurse, or pharmacist about your medicines.
9-year-olds	<ul style="list-style-type: none"> Keep purses and backpacks with medicines in them out of the reach of young children at home and when visiting other people's homes.
10-year-olds	<ul style="list-style-type: none"> Talk with your parents about taking more responsibility for using medicines. Tell adults why it is important not to stop taking antibiotics until the prescribed amount is all gone. Ask which side effects are dangerous and which are likely to go away. Decide with a parent what to do if you have a side effect. Keep medicines with their package and in the original container with child-proof caps. Don't use pill boxes - they don't have all the important information about your medicine.
11-year-olds	<ul style="list-style-type: none"> Know how to read dosage charts on over-the-counter medicine labels.
12-year-olds	<ul style="list-style-type: none"> Only keep medicines you will use. Throw away expired medicines at a home hazardous waste disposal site or in a garbage can away from small children and pets.

Checklists for Choosing OTC Medicines

Checklist for Choosing Over-the-Counter (OTC) Medicine for Children

Information I need before going to the store:

- Weight: _____ (pounds) Age: _____ (month or years)
- Problem(s) or symptom(s) you want to treat: _____
- Allergies or other health problems: _____
- Any medicine (s)he used for the problem(s) before or medicine recommended by the doctor: _____
- Other medicines (OTC and prescription), vitamins, and other dietary supplements (s)he is using: _____
- Doctor: _____ Pharmacy: _____

At the store:

- Find the group of medicines that treats the problem(s) or symptom(s) (s)he has (such as pain, fever, or allergy).
- Find the form of medicine (such as infant drops, liquid, or chewable tablets) that is best for her/him.
- Read the *Drug Facts* label carefully on each medicine package.

Drug Facts

Active Ingredients/Purposes

- Make sure the **Active Ingredients** aren't the same as those in another medicine (s)he is already using.
- If the medicine contains more than one **Active Ingredient**, read the **Purposes** of each active ingredient to make sure all of the active ingredients are needed for the problem(s) or symptom(s) you want to treat.

Uses

- Find medicine that **treats only** the problem(s) or symptom(s) (s)he has.

Warnings

- Is there any reason this medicine shouldn't be used?
- Is there any reason to talk to a doctor or pharmacist before using this medicine?

Directions

- Find the correct dose on the package for her/his **weight and age**.
- Make sure liquid medicine comes with a measuring tool (such as dropper, syringe, or dosing cup). If not, ask for one at the pharmacy. Spoons made for eating and cooking may give the wrong dose and **shouldn't be used**.

- Check with the doctor or pharmacist to be sure the new medicine can be used with her/his other medicines.

Checklist for Choosing Over-the-Counter (OTC) Medicine for Adults

Information I need before going to the store:

- Problems(s) or symptoms(s) to be treated: _____
- Allergies or other health problems: _____
- Any medicine used for this problem before or medicine recommended by the doctor: _____
- Other medicines (OTC and prescription), vitamins, and other dietary supplements being used: _____
- Doctor: _____ Pharmacy: _____

At the store:

- Find the group of medicines that treats the problem(s) or symptom(s) (such as pain, cough, or allergy).
- Find the form of medicine (such as tablet, capsule, or liquid) wanted.
- Read the *Drug Facts* label carefully on each medicine package.

Drug Facts

Active Ingredients/Purposes

- Make sure the **Active Ingredients** aren't the same as those in another medicine already being used.
- If the medicine contains more than one **Active Ingredient**, read the **Purposes** of each active ingredient to make sure all of the active ingredients are needed for the problem(s) or symptom(s) to be treated.

Uses

- Find medicine that **treats only** the problem(s) or symptom(s) to be treated.

Warnings

- Is there any reason this medicine shouldn't be used?
- Is there any reason to talk to a doctor or pharmacist before using this medicine?

Directions

- Find the correct dose on the package.
- Make sure liquid medicine comes with a measuring tool (such as dosing or measuring cup). If not, ask for one at the pharmacy. Spoons made for eating and cooking may give the wrong dose and **shouldn't be used**.

- Check with the doctor or pharmacist to be sure the new medicine can be used with other medicines being used.

Questions - Comments - Suggestions

www.fda.gov/medsinmyhome

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U.S. Food and Drug Administration

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