

Using Medications: Why and How?

Part A: Is This a Drug?

Discuss with your group and indicate with a check mark whether you think the following is an example of a drug or not. Then, note if they are prescription drugs or over-the-counter drugs or neither. How do you know?

	Prescription Drug	Over-the-Counter Drug	Neither a Prescription nor Over-the-Counter Drug	Questions or Comments
 Sunscreen				
Hand cream from a cosmetic store 				
 Regular toothpaste				
Insect repellent 				
Fluoride toothpaste 				
Cough medicine from the corner store 				
 Shampoo from the local supermarket				
Special shampoo prescribed by a doctor 				
 Puffers				
Antibiotics for an ear infection 				

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	Prescription Drug	Over-the-Counter Drug	Neither a Prescription nor Over-the-Counter Drug	Questions or Comments
Fever medication 				
Creams prescribed by a doctor 				
Aloe Vera plants 				
Alcohol such as beer or wine 				
Cannabis 				
Nicotine found in cigarettes or vapes 				
Vaccines 				
Sugary drinks such as pop or sports drinks 				
Energy drinks 				

Using Medications: Why and How?

Part B: What Should We Know When Taking Medications?

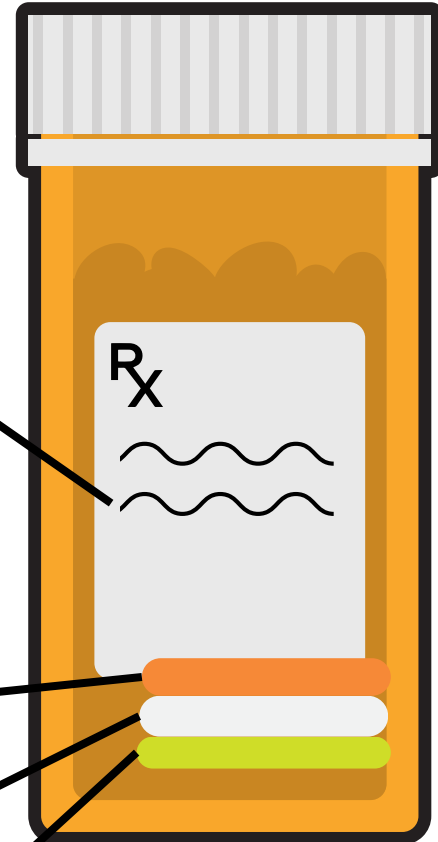

Prescription (Rx) Label:

Rx **Local Pharmacy**
123 Main St.
Corner Brook, NL
709-555-1111


Rx #: 171292 Date: 25-Jan-2024
Charlie Bryant

TAKE 1 TABLET BY MOUTH ONCE DAILY IN AM
CONCERTA 18MG TABLETS

Keep Out Of Reach Of Children



 **MORNING**

 **SWALLOW WHOLE**
DO NOT Crush,
Break, or Chew.

 **MEDICATION SHOULD**
BE TAKEN WITH PLENTY OF
WATER

Using Medications: Why and How?

Part B: What Should We Know When Taking Medications?

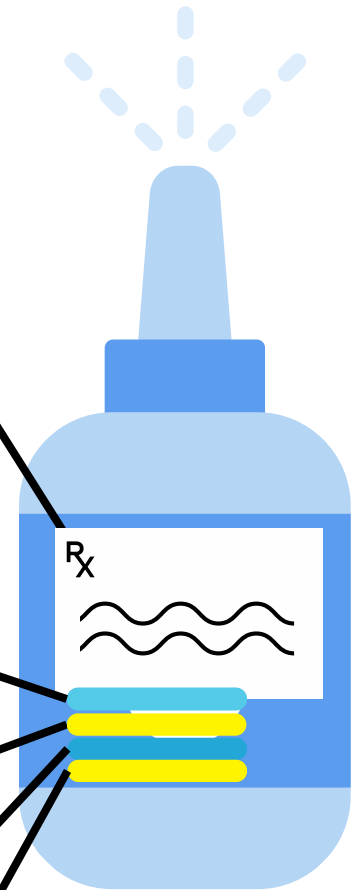
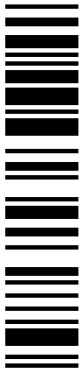
Prescription (Rx) Label:

Rx **Local Pharmacy**
123 Main St.
Happy Valley-Goose Bay, NL
709-555-2222

Rx #: 204991 Date: 4-Feb-2024
Tamara Bing

USE ONE SPRAY IN EACH NOSTRIL ONCE DAILY
MOMETASONE NASAL SPRAY (50MCG/SPRAY)

Keep Out Of Reach Of Children



 **SHAKE WELL**

 **FOR THE *NOSE***

STORE AT ROOM TEMPERATURE

DO NOT SWALLOW

Using Medications: Why and How?

Part B: What Should We Know When Taking Medications?

Prescription (Rx) Label:

Rx **Local Pharmacy**
123 Main St.
Lewisporte, NL
709-555-3333

Rx #: 212332 Date: 29-Mar-2024
Lola Martinez

Use as directed

EPIPEN JR 0.15 MG/0.3ML

Keep Out Of Reach Of Children





WARNING: The needle comes out of the orange tip. Do not put your thumb, fingers or hand over the orange tip. DO NOT remove the blue safety release until ready to use.

**STORE AT ROOM
TEMPERATURE**

Using Medications: Why and How?

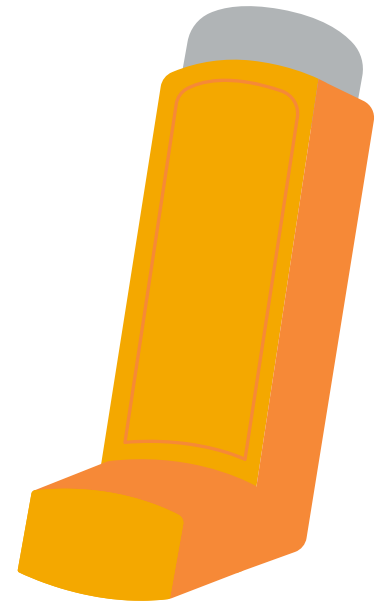

Part B: What Should We Know When Taking Medications?

Prescription (Rx) Label:

Rx **Local Pharmacy**
123 Main St.
Burin, NL
709-555-4444

Rx #: 109821 Date: 18-Feb-2024
Jamal Abdul
INHALE 2 PUFFS TWICE DAILY
FLOVENT INHALER 100MCG/PUFF

Keep Out Of Reach Of Children



Using Medications: Why and How?

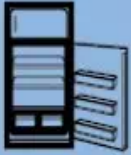
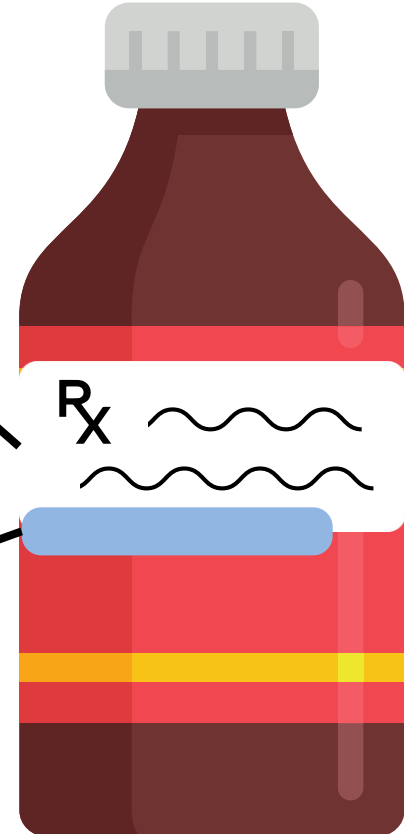
Part B: What Should We Know When Taking Medications?

Prescription (Rx) Label:

Rx Local Pharmacy
123 Main St.
Conception Bay South, NL
709-555-5555

Rx #: 200128 Date: 12-April-2024
Jamie Landry
TAKE 5ML THREE TIMES DAILY FOR 10 DAYS
AMOXICILLIN 250MG/5ML

Keep Out Of Reach Of Children



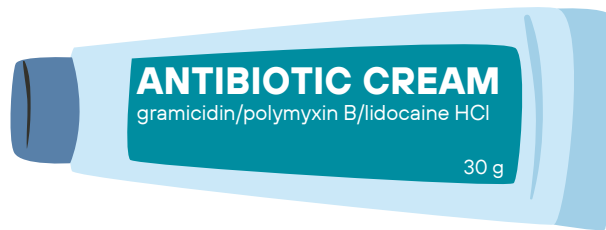
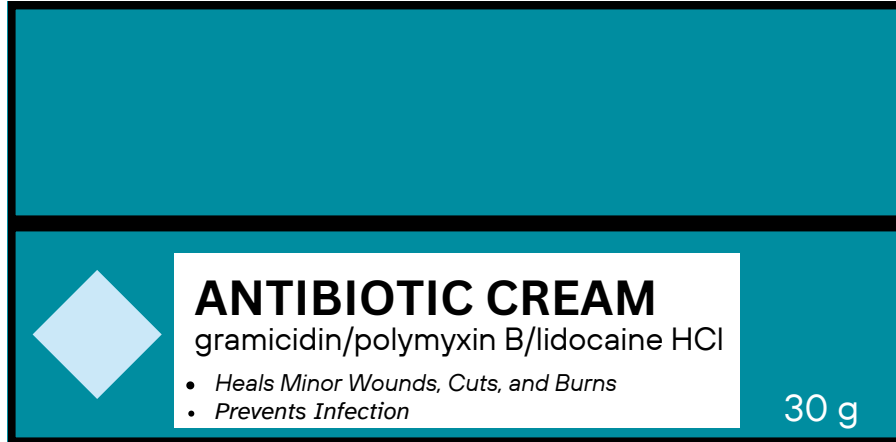
SHAKE WELL
STORE IN REFRIGERATOR AND DISCARD
UNUSED PORTION AFTER 14 DAYS.

Using Medications: Why and How?

Part B: What Should We Know When Taking Medications?

Prescription (Rx) Label:

Front of box:



Back of box:

Drug Facts
Active ingredients (in each gram) Gramicidin 0.26 mg (Antibiotic) Polymyxin B 0.1 mg (Antibiotic) Lidocaine HCl 45 mg (Analgesic)
Warnings For external use only Do not use : in the eyes, if allergic to any of the ingredients When using this product avoid contact with eyes. If contact occurs, rinse with water Keep out of reach of children
Directions -For adults and children 2 years and older, - for children 2-12 years, application should be supervised by an adult, - clean affected area and apply a small amount of this product on the area 1 to 3 times per day
Other information • store at 15 to 30°C



Using Medications: Why and How?

Part B: What Should We Know When Taking Medications?

Prescription (Rx) Label:

Front of box:



Back of box:

Drug Facts
<p>Active ingredients (in each tablet) Dimenhydrinate 50 mg (Analgesic)</p>
<p>Warnings Do not give to children under 2 years of age Keep out of reach of children</p>
<p>Directions</p> <ul style="list-style-type: none"> To prevent motion sickness, the first dose should be taken ½ to 1 hour before starting activity (travel in vehicle, boat, airplane) Adults: take 1 to 2 tablets every 4-6 hours, do not take more than 8 tablets in 24 hours, or as directed by a doctor Children (6-12 years old): give 1/2 to 1 tablet every 6-8 hours, do not give more than 3 tablets in 24 hours, or as directed by a doctor Children (2-6 years old): give 1/4 to 1/2 tablet every 6-8 hours, do not give more than 1-1/2 tablets in 24 hours, or as directed by a doctor



Using Medications: Why and How?

Part B: What Should We Know When Taking Medications?

Prescription (Rx) Label:

Children's Ibuprofen Suspension
Ibuprofen 100 mg/5 mL
Oral Suspension USP

- Relieves pain
- Reduces fever

For children aged 2-12

GRAPE FLAVOUR

250 ml

Children's Ibuprofen Suspension
Ibuprofen 100 mg/5 mL
Oral Suspension USP

- Relieves pain
- Reduces fever

For children aged 2-12 250 ml

Drug Facts		
Active ingredients Ibuprofen (Pain Reliever, Fever Reducer)		
Directions -Shake well before use, - May take medicine every 8 hours, - Do not use for more than 5 days		
Warnings Do not use : if allergic to any of the ingredients Keep out of reach of children		
Dose		
Age	Weight	Dose
2-3	24-35 lb	6 ml
4-5	36-51 lb	12 ml
6-8	52-71 lb	16 ml
9-10	72- 89 lb	20 ml
11-12	90-100 lb	22 ml
Other information • store at 15 to 30°C		

TAKE WITH FOOD

SHAKE WELL BEFORE USING

Using Medications: Why and How?

Part C: Making the Safest Decision!

You have been learning about the safe use of medication. Read the situations and discuss with your group what you think is an appropriate decision to make and why. Be ready to share your suggestions.

Situation 1



You are at school and you are not feeling well. You have a headache which is getting worse. Your friend offers you headache medication. What would you do?

Situation 2



Your doctor prescribed an antibiotic medication for your sore throat. Now, your sister has the same symptoms. You want to help her feel better. What would you do?

Situation 3



Your 18-year-old brother is home with a rash on his arm. In the past, his doctor prescribed him cream, which is in the medicine cabinet. The label is old and the details are worn off. What advice could you give your brother?

Situation 4



Your friend was ill and just returned to school. She must take medication three times a day. She must take her medication at lunchtime. Since her caregivers are not at school, what should be done in this situation?

Situation 5



You have just taken medication to help you feel better. You know that this medication may make you very drowsy. Your friend has asked you to go for a bike ride. What would you do in this situation?

Situation 6



Your parent is going on a short trip and wants to take some toiletries in their backpack. They find a pill bottle that is the perfect size. Should they empty and transfer the pills to another container?

Situation 7



You have been feeling sick. This is exactly the way you felt the last time you had a flu. At that time, your doctor prescribed medication that made you feel better. There is leftover medication in the medicine cabinet. Should you take this medication?

Situation 8



You have to take antibiotics twice a day with food. You slept in and are late for the bus, and do not have enough time to eat breakfast. What should you do in this situation?

Name: _____

Using Medications: Why and How?

Find Someone Who

Mix and mingle with your classmates to Find Someone Who can share information about drugs and medications. When your classmate answers the question, they can write their name. Try to mix with several classmates. Have fun sharing what you have learned!

Find Someone Who Can Share...

2 rules about taking medications you may find on a label.

Examples of trusted health care professionals who can provide accurate information about drugs.

How drugs and medications can help us.

One difference between prescription drugs and over the counter drugs and give an example of each.

Why someone may use medication.

Advice they would give to a friend about using medications.

What a drug is.

Examples of drugs that help us if taken properly.

How drugs and medications may harm us.

Name: _____

Using Medications: Why and How? Exit Reflection Card: Medication Safety

What did you already know about taking medications?

Indicate something new that you learned about drugs and medications.


What is one suggestion you would share with a friend about taking medication safely?



Drug Categories: Legal or Illegal? Medical or Non-Medical?

Activity: Do You Agree or Disagree?

Let's explore what you know about drugs! Focusing on the **Before** section, read each statement and indicate if you agree or disagree. Later, your teacher will ask you to return to this activity and complete the **After** section.

	Before		After	
	Agree	Disagree / Not Sure	Agree	Disagree
Medications help us feel better				
Medications can harm us				
An over the counter drug is a medical drug or medication				
Alcohol is not a drug				
Nicotine found in cigarettes and vapes is a drug				
Alcohol is not a medication				
Alcohol is an illegal drug				
Smoking at age 15 is illegal				
Cannabis use at age 30 is illegal				
Caffeine use at age 50 is illegal				
Caffeine, found in coffee, is a drug				
Using your friend's antibiotics is okay when you are feeling sick				
Health care professionals such as doctors do not prescribe illegal drugs				

Name: _____

Drug Categories

Sort the situations into the appropriate categories: medical, non-medical, legal, and illegal. Some situations may belong in more than one category.

<ol style="list-style-type: none"> 1. An individual is drinking energy drinks 2. A doctor prescribes a puffer for asthma 3. A 15 year old is vaping at school 4. A doctor prescribes a patient cannabis for pain 5. An individual is driving after drinking too much alcohol 6. An adult is smoking cigarettes or vaping 7. An individual uses their friend's ADHD medication 8. A student in elementary school is drinking coffee 	<ol style="list-style-type: none"> 9. A student in Grade six is smoking cigarettes 10. A 23 year old uses cannabis on the weekends 11. An individual is taking cough syrup to treat a cold 12. Adults are drinking coffee at work 13. An individual is using cannabis and driving 14. A 16 year old drinks alcohol at a party 15. A 17 year old is driving after drinking alcohol 16. An adult drinks wine at dinner
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Medical Drugs/Medications	Non-Medical Drugs
Legal Drugs	Illegal Drugs

Drug Categories: Legal or Illegal? Medical or Non-Medical?

Exit Reflection Card: Drug Safety

1. What are some ways you can stay safe around drugs and alcohol?



Medication Safety

- 1** A Medication is a drug. True or False?
 - a) True
 - b) False

- 2** The caffeine found in sugary drinks such as pop is not a drug. True or False?
 - a) True
 - b) False

- 3** It is ok to drink medicine such as cough syrup directly from the bottle? True or False?
 - a) True
 - b) False

- 4** Vitamins are important for nutrition and may taste yummy. It is ok to take them whenever you want. True or False?
 - a) True
 - b) False

- 5** Taking more medicine than prescribed helps you get better faster. True or False?
 - a) True
 - b) False

- 6** What medicine must be purchased at a pharmacy and prescribed by doctor?
 - a) Prescription Drugs
 - b) Over-the-counter drugs
 - c) Neither

- 7** It is ok for family members to share medication prescribed by a doctor? True or False?
 - a) True
 - b) False

- 8** What should you do if you find an inhaler on the school parking lot during recess?
 - a) Give it to a teacher or an adult
 - b) Throw it away
 - c) Bring it home
 - d) Leave it and tell a teacher or an adult

- 9** It is best to keep medication on the kitchen counter or on your night table where it is easy to find. True or False?
 - a) True
 - b) False

- 10** It is ok to accept medication from a friend who is the same age as you and has the same flu symptoms? True or False?
 - a) True
 - b) False

Medication Safety

- 11** A medication is used to prevent illness and treat symptoms. True or False?
- a) True
 - b) False
- 12** What should you do if you find a container without a label containing what looks like candy?
- a) Throw it away
 - b) Eat it
 - c) Go tell an adult
 - d) Ignore it
- 13** The phone number on a prescription bottle is for the local police station. True or False?
- a) True
 - b) False
- 14** Alcohol is a drug. True or False?
- a) True
 - b) False
- 15** If a doctor prescribes medication for you, whose name will be on the package or container?
- a) Your name only
 - b) Only the doctor's name
 - c) Your caregiver's name
 - d) Your name and your doctor's name
- 16** Your adult aunt reads and reviews the instructions for taking medication with you. Is this SAFE or UNSAFE behaviour?
- a) Safe
 - b) Unsafe
- 17** The medication you are taking is making you nauseous. Who is the best person to ask for advice about this?
- a) Your classmate who has taken the same medication in the past.
 - b) Your uncle who is a pharmacist
 - c) Your doctor
 - d) The pharmacist at the local pharmacy
- 18** The expiry date has passed on your sister's EpiPen. The EpiPen should be replaced. True or False?
- a) True
 - b) False
- 19** Which are examples of special instructions when taking medication?
- a) Take with food
 - b) Wash your hands before preparing or taking medications
 - c) Take medications on time
 - d) Store in a cool place
- 20** Cannabis can be a medication and a non-medical drug. True or False?
- a) True
 - b) False