

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 				