

# 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?