

# WHAT'S YOUR FAMILY'S MEDICINE ACTION PLAN?

As parents, we spend so much time preparing our children for the real world and teaching them the life skills they need to stay informed and safe.

Have you ever considered planning your family's medicine? It may sound odd at first to have a medicine plan, but consider this:



“Students begin to self-medicate around 11 years old; unfortunately when not equipped with the knowledge and information to make safe choices, adolescents may end up doing more harm than good.”\*

Creating an action plan is one way to know that you are using and storing medicines safely in your home. Get your whole family involved by talking about OTC medicine safety. Use these steps to guide your discussion:

1. Inspect your home for OTC medicine hazards.
2. Create an action plan.
3. Practice your plan and continue conversations all year long.

All of these resources and more are available for FREE:  
[scholastic.com/OTCliteracy/parents](http://scholastic.com/OTCliteracy/parents)

## The \_\_\_\_\_ Family's OTC Medicine Checklist

- Know the dose. Keep the medicine and the dosing device it comes with together.
- Read and follow the *Drug Facts* label every time.
- Check that all medicines, vitamins, and supplements are stored up and away and out of sight and reach.
- Ensure that the child safety caps are locked on all medicines.
- Remind visitors to keep luggage, pocketbooks, or anything else that might have medicines in it out of children's reach and sight.
- Medicines should not be taken without the supervision of an adult.
- Make sure your children know that using OTC and prescription medicines incorrectly can cause harm.
- Program the Poison Help number into your phone: 1-800-222-1222.



**VIDEO ROOM:** Watch this series of informational videos created by the FDA to teach your family about using medicines safely. Click on “Video Room” here: [www.fda.gov/medsinmyhome](http://www.fda.gov/medsinmyhome).

### Ask Questions

Post these numbers in a prominent place in your home. Remember to also program them into your cell phone in case of emergency.

#### Family Doctor:

NAME AND PHONE NUMBER

#### Pharmacy:

NAME AND PHONE NUMBER



**Poison Help Number:**  
**1-800-222-1222**

Open 24 hours a day every day of the year. Calls are fast, free, and confidential.