

Health

2.ATOD.1.1

Classify uses of medicine or drugs as appropriate or inappropriate

2.ATOD.1.2

Summarize the health risks associated with inappropriate medicine and drug use

Materials:

- Appendix A: Assortment of candies and medicines
- Clear jars to display candies and medicine
- Optional NC Poison Center Resources: <http://www.ncpoisoncenter.org/body.cfm?id=276>
- Appendix B: Drug Facts Labels
- Examples of Drug Facts Labels from a medicine cabinet
- Danger Rangers Music Video: <https://www.youtube.com/watch?v=GyoqtUDEuGs>

Statement of Objectives:

Today's lesson is about medicine and how and when to use it. We will talk about different types of medicines and who is able to give you these medicines.

Focus:

Brainstorm with students and write their answers on the board or flip chart: What is a medicine (a drug, a pill, a liquid, an inhaler, that we take to feel better when we are not feeling well)? Where do we get medicine (e.g., stores, mom or dad, doctor)? On a T-Chart, discuss: When and why should we take medicine? (e.g., To help us feel better when we are coughing, have poison ivy, asthma, cancer, heart disease, diabetes, ADD/ADHD etc. It helps prevent other illnesses). Why should we not take medicine? (If we don't need it. It can make us sick. It can cause an allergic reaction.)

Gather at least 3 of the candy and over the counter medication examples from Appendix A. Place liquids, pills and candies in clear jars for students to examine. Without showing the packages, ask students to identify which example is the medication and which is the candy.

Explain that sometimes it is difficult to know when something is candy or medicine, which is why we should never put something in our mouths unless a trusted adult tells us it's safe.

Or

Play the Danger Rangers Music Video Don't Touch Them Pills (1:53)

ask students the following questions:

What did the Danger Rangers say?

Who is it safe to get medicine from?

What other messages did they have?

(Request free materials – posters, magnets, and brochures - for educators from the NC Poison Center to assist with teaching students about look-alike medications:

<http://www.ncpoisoncenter.org/body.cfm?id=276>)

Teacher Input:

Key Vocabulary: Medicine, Drug, Over the counter, prescription, Drug Facts Labels, Appropriate, Inappropriate.

Show students the Drug Facts Label outline in Appendix B and explain that every medication that can be purchased from a store comes with an informational Drug Facts label. Discuss how this is an informational text. Ask students who they think the author is and what is the purpose of having this text on the packages? (i.e., Doctors, Medical professionals, Scientists). It explains how to use the medication appropriately). Appendix B is an outline of the information included on the label. Also show students several examples from bottles and boxes from a medicine cabinet or the additional labels included in Appendix B. Explain that adults read this label to know how much medicine should be taken. Review with students how to read informational texts (look for bold print, subheadings, menus and icons) to locate key facts or information in text efficiently.

Ask students where they may have seen another similar label (Nutrition Facts Label). These labels explain the ingredients that we are putting into our bodies so that we know whether we are making appropriate healthy decisions or inappropriate less healthy decisions. Ask students to define “appropriate” and introduce in- as a prefix, meaning “not.” Ask students what “inappropriate” would mean.

Ask students to discuss the following question with a partner: If a drug or medication is inappropriate for kids what are the risks if they took the medication? (e.g. poisoning, increased heart rate, heart attack, difficulty breathing, seizures, diarrhea, vomiting, brain damage, death etc.).

Assessment:

Prior to the lesson, on one end of the classroom, post a sign that says “appropriate” and on the other end of the classroom post a sign that says “inappropriate.” Show students different pictures of drugs and medications and read the statements below. Ask students to walk to the sign that best describes the use of this medication or drug and have 1-2 students at each sign share why they think it is appropriate or inappropriate.

1. Cigarettes – Are cigarettes an appropriate or inappropriate drug for kids?
2. Chew Tobacco – Is chew tobacco an appropriate or inappropriate drug for kids?
3. Cough Syrup – Is it appropriate or inappropriate for kids to take cough syrup when they are not sick?
4. Is it appropriate or inappropriate to use an inhaler that was prescribed or given to you by your doctor?
5. Is it appropriate or inappropriate to take a prescription medication that does not have your name on it?

6. Is it appropriate or inappropriate to get a shot from your doctor?
7. Is it appropriate or inappropriate to take more vitamins than you need because they taste good?

Next, Ask students to write or draw 3-5 rules for taking medications. Example: Follow your doctor's instructions.

Closure:

I really liked the rules for taking medicine, you did a great job. Now you know that you should only take medicine when it is prescribed or given by a trusted adult.

Appendix A

Common Look-alikes

Drug or Household Item	Look Alike
Pine-Sol	Apple Juice
Grape Cough Medicine	Grape Juice
Ex-Lax Chocolate	Hershey's Chocolate Bar
Tums	Sweet Tarts
Children's Chewable Vitamins	Jelly Beans
Blue Mouthwash	Blue Sport Drink
Acetaminophen	White Good N Plenty
Coricidin – High Blood Pressure Medication	Red M&Ms / Skittles
Nicorette Gum	Chiclets or Dentyne Ice
Cough Drops	Assorted hard candies

Appendix B

Drug Facts	
<i>Active Ingredients</i>	<i>Purpose</i>
<i>Uses</i>	
<i>Warnings</i>	
<i>Directions</i>	
<i>Other Information</i>	
<i>Inactive Ingredients</i>	

Drug Facts

<i>Active ingredient (in each tablet)</i>	<i>Purpose</i>
Chlorpheniramine maleate 2 mg.....	Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: ■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- drowsiness may occur
- avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Drug Facts (continued)

Other information ■ store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Drug Facts

Active ingredient (in each tablet) Fexofenadine HCl 30 mg	Purpose Antihistamine
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Uses

temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

- runny nose
- sneezing
- itchy, watery eyes
- itching of the nose or throat

Warnings

Do not use if you have ever had an allergic reaction to this product or any of its ingredients.

Ask a doctor before use if you have kidney disease. Your doctor should determine if you need a different dose.

When using this product

- do not take more than directed
- do not take at the same time as aluminum or magnesium antacids
- do not take with fruit juices (see Directions)

Stop use and ask a doctor if an allergic reaction to this product occurs. Seek medical help right away.

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away. ►

Drug Facts (continued)

Directions

■ place 1 tablet on tongue; tablet disintegrates, with or without water

adults and children 12 years of age and over	take 2 tablets every 12 hours on an empty stomach; do not take more than 4 tablets in 24 hours
children 6 to under 12 years of age	take 1 tablet every 12 hours on an empty stomach; do not take more than 2 tablets in 24 hours
children under 6 years of age	do not use
adults 65 years of age and older	ask a doctor
consumers with kidney disease	ask a doctor

Other information

- each tablet contains: **sodium 5 mg**
- phenylketonurics: contains phenylalanine 5.3 mg per tablet
- safety sealed: do not use if carton is opened or if individual blister units are torn or opened
- store between 20° and 25°C (68° and 77°F)
- use tablet immediately after opening individual blister

Inactive ingredients

aspartame, citric acid anhydrous, crospovidone, flavors, magnesium stearate, mannitol, methacrylic acid copolymer, microcrystalline cellulose, povidone, sodium bicarbonate, sodium starch glycolate

Questions or comments?

call toll-free **1-800-633-1610** or www.allegra.com

Appendix C

Appropriate

Inappropriate









