**OTC LITERACY**

**UNDERSTANDING THE LABEL**

*Drug Facts* help you understand the medicines that you take and how to take them safely. All medicines should be taken with the direct supervision of a parent or trusted adult.

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**ACTIVE INGREDIENTS**

The ingredients in the medicine that make it work.

**USES**

Describes the symptoms that the medicine treats.

**WARNINGS**

Safety information including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time.

**KNOW WHO TO ASK**

Always talk with a parent or trusted adult to learn more about the responsible use of all medicines. Other resources include doctors, nurses, pharmacists as well as your local poison center.

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**OTHER INFORMATION**

How to store the medicine.

**QUESTIONS OR COMMENTS?**

Call the company if you have questions about a specific medicine.

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**MEASURE IT RIGHT**

To get an exact measurement it is important to only use the dosing device that is provided with the medicine. The Drug Facts label tells you how much medicine you should take based on your weight and/or age.

**FACT:**

Household teaspoons come in various shapes and sizes, which means they hold different amounts of liquid.

**VS.**

- **STANDARD CUP**
- **FLATWARE SPOON**
- **PLASTIC SPOON**
- **MEASURING SPOON**

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**INACTIVE INGREDIENTS**

Ingredients not intended to treat your symptoms (e.g., preservatives, flavorings).

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**DIRCTIONS**

Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.

**DIID YOU KNOW?**

- In 2011, America’s poison centers managed over 260,000 exposure cases involving children ages 6 to 19.
- 143,000 medication errors and misuse.
- Poison centers are staffed with experts including doctors, nurses, pharmacists, and toxicologists who can help answer general questions about medicines or can provide expert help over the phone if you come in contact with a poison.

Program the Poison Help number, 1-800-222-1222, into your phone.