



Facilitator Guide: Medicine Mission



AT A GLANCE

Participants complete a logic puzzle worksheet that emphasizes identifying the major parts of an over-the-counter medication label as well as explaining why it is safe to only take medicine from a trusted adult.

Medication Safety Rules Emphasized:

1. **Ask trusted adults for help with medicine.**
2. **Only take medicine that is meant for you.**
3. Keep medicine in safe places.
4. Share what you learn today with family and friends.

ADAPT IT

Participants can complete this worksheet as individuals or in small groups with each person in charge of familiarizing themselves with one of the medicines. If you repeat this activity across multiple programs, consider printing and laminating the *Junior Pharmacist Resources* to repurpose.

WHAT YOU DO

1. **Introduce the activity** by sharing its purpose and explaining how it connects to the goal of your program. Ask participants to review the *Junior Pharmacist Resources*. As a larger group, discuss how these resources help people take medicine safely.
2. **Complete the activity** through participants solving the logic puzzle and answering the multiple-choice questions within their worksheet.
3. **Wrap up the activity** by engaging participants in a brief discussion using the answers to the multiple-choice questions and suggested talking points as a guide.

Suggested Ages

Children in Grades 3 - 5

Suggested Group Size

25 or fewer children

Time Required

10- 15 minutes

What you need

- This facilitator guide (print 1 copy/facilitator)
- The *Junior Pharmacist* participant resource within this guide (print 1 copy/group or per participant)
- The participant worksheet "Medicine Mission" (print 1 copy/participant)
- Pencils or Pens



Facilitator Guide: **Medicine Mission, continued**

WHAT YOU SAY

1 Introduction

Today, each of you will play the role of a Junior Pharmacist helping people in your community learn how to take medicine safely. This activity will help us understand why you should only take medicine meant for you and to ask trusted adults for help with medicine.

Pharmacists are experts in medicine. They often teach people how to safely take medicine by helping them understand the information in a medicine’s label.

At this time, distribute the worksheets, Junior Pharmacist Resources, and pens/pencils. If participants are working as a group, form small groups and explain how to share the materials.

Encourage participants to review their Junior Pharmacist Resources. As a large group, consider posing questions that help reinforce the main purpose of the highlighted sections within the label. At the end, you can revisit this discussion and emphasize how this information helps people take medicine safely.

2 Activity

Explain the instructions on the participant worksheet – ask participants to work as individuals or within their group to solve the logic puzzle and to answer the multiple-choice questions.

As participants complete their worksheet, walk around the room to further engage children, answer their questions, or ensure they understand the activity directions.

3 Wrap-Up

Review the answers to the logic puzzle and each question. Below are additional talking points to consider.

Question 1 (answer – B): age can influence the dose or how much medicine a person takes. Asking trusted adults to help us with medicine ensures we are using the correct device to measure the medicine and taking the correct amount to keep us safe.

Question 2 (answer – A): some people have allergies to either active or inactive ingredients. Trusted adults can help us understand our allergies and ensure we are taking medicine that helps us and keeps us safe.

Question 3 (answer – harm/different): we each have our own unique combination of traits. As a result, how a medicine affects you may be different than how it affects your friends or family. Only take medicine meant for you.

Answer Key		
Person	Trait	Medicine
Jacinta	Allergic to food dyes	Pain and fever medicine
Marcus	Can’t swallow pills	Cold medicine
Quinton	Get motion sickness	Motion sickness medicine

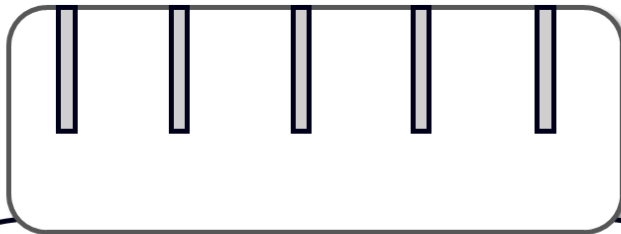
Question 4 (answer – correct/correct): reinforce talking points in previous questions about trusted adults.



Junior Pharmacist Resource

Over-the-counter (OTC) medicine:

- Medicine that adults can buy at a grocery store or drugstore without a prescription or doctor’s permission.
- All OTC medicines have a **drug facts label** that tells people how to safely use the medicine.
- Review the example drug facts label below. Familiarize yourself with some of the sections.



Drug Facts

Active Ingredients

Ingredient A 100 mgcough suppressant

Uses

relieves minor coughing

Warnings

Do not use if you have had an allergic reaction to this product or ingredients

Directions

Age	Dose
adults and children 12 years and older	2 tablets every 12 hours
children 6 to under 12	1 tablet every 12 hours
children under 6	ask a doctor

Other information

Store in a dry place

Inactive ingredients

anhydrous citric acid, starch, yellow no. 10

Questions?

Call 1-800-555-5555

The **active ingredients** are the parts of the medicine that make it work for the **uses** shown.

Pay close attention to the **directions** which tell you the correct amount to safely take for your age.

Other information may share whether the medicine is in a liquid or solid form; or, how to safely store it.

Inactive ingredients include all other ingredients used to give medicine its color, flavor, and texture.

Junior Pharmacist Resource, continued

1 Motion Sickness medicine



Drug Facts

Active Ingredients
Dimenhydrinate 25 mgantinausea

Uses
Prevents and treats motion sickness

Warnings
Do not use for children under 2.

Directions

Age	Dose
Children 2 to under 6 years old	Give ½ to 1 chewable tablet every 6-8 hours
children 6 to under 12	Give 1 to 2 chewable tablets every 6-8 hours

Other information
This medicine comes in solid pill form

Inactive ingredients
Aspartame, citric acid, magnesium stearate, sorbitol, purple dye

2 Pain and Fever medicine



Drug Facts

Active Ingredients
Ibuprofen 100 mgPain relief/fever reducer

Uses
reduces fever. relieves minor aches and pains due to the common cold, flu, sore throat, headaches, toothaches.

Warnings
Do not use if you have had an allergic reaction to this product or ingredients.

Directions

Age	Dose
under 2	ask a doctor
2-3	1 tablet every 6 to 8 hours
4-5	1 ½ tablet every 6 to 8 hours
6-8	2 tablet every 6 to 8 hours
9-10	2 ½ tablet every 6 to 8 hours
11	3 tablet every 6 to 8 hours

Other information
This medicine comes in a solid pill form

Inactive ingredients
acesulfame potassium, carnauba wax,, magnesium stearate, soybean oil, (no dye)

3 Cold medicine



Drug Facts

Active Ingredients
Pseudoephedrine HCl 15 mgnasal decongestant

Uses
relieves nasal congestion due to colds and allergies

Warnings
Stop use if symptoms do not improve within 7 days

Directions

Age	Dose (milliliter, mL)
under 4 years	do not use
4 to 5 years	5 mL repeat every 4 to 6 hours
6 to 11 years	10 mL repeat every 4 to 6 hours

Other information
Use the dosing cup provided with the medicine to deliver liquid medicine

Inactive ingredients
anhydrous citric acid, starch, red dye, blue dye