

## ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues



# Medication Tips for Children



Medicines, or medications, are drugs that help you ...  
... they can keep you from getting sick  
... when you are sick, they can make you better

Your pharmacist cares about your health and knows all about medicines. If you are sick and your doctor writes a prescription for a medication, take it to your pharmacy or drug store. Your pharmacist makes sure you are taking the right medicine and talks to you and your parents about how and when to take it.

### Using Medicine Safely

- ◆ Always take your medicine as your doctor and pharmacist tell you to — no more and no less!
- ◆ Even a little too much medicine can hurt you.

- ◆ Sometimes medicine tastes bad, but it can make you feel better when you're sick.
- ◆ Some medicine looks like candy so you must be careful — ask an adult before you take any.
- ◆ Cough drops are medicine, not candy — ask your parents before taking them.
- ◆ Take only your own medicine. Do not share your medicine — not even with your best friend.
- ◆ Do NOT take anything from strangers. Only your parents should give you medicine (or another adult your parents say is OK).

- ◆ Keep all medicines in a safe place — away from young children so they won't be hurt.
- ◆ Don't keep medicines in the bathroom. Bathrooms get hot and steamy, which is not good for medicines.
- ◆ Old or unused medicines should be taken back to your pharmacy for safe disposal. Don't throw medicines in the garbage or flush them down the toilet.

***If you have questions  
about any medicine, ask your  
pharmacist for help.***