

# LEADER MANUAL

**SCOUTStrong**

Be MedWise Award



## — **Being MedWise** —

Educational Training on the Safe Use  
of Over-the-Counter Medicines



BOY SCOUTS OF AMERICA®

EDUCATE *before*  
**YOU MEDICATE**  
The NCPiE  
Coalition-working  
together to promote  
safe medicine use  
National Council on Patient Information/and Education  
[www.talkaboutrx.org](http://www.talkaboutrx.org)



## SCOUTStrong “Be MedWise” Award Overview

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The Boy Scouts of America and the National Council on Patient Information and Education (NCPIE) developed the SCOUTStrong “Be MedWise” Award as an interactive way to educate members of the Scouts BSA program, the Venturing program and American youth in general about the benefits of over-the-counter (OTC) medicines and the harm that they can cause if they are misused.

This award is designed to compliment existing Scouts BSA and Venturing programming. This award’s training curriculum consists of four lessons that could be reviewed at the start of a unit meeting, taking no more than 12 to 15 minutes each. The program is self-paced which allows the unit leader to determine how quickly it is completed.

**This curriculum has been prepared specifically for ages 11-17 and each lesson must be followed specifically as written.**



## Over-The-Counter Medicine Safety

Scouts and Venturers are entering a period in their lives when they will be more responsible for their own health and self-care. They will be making decisions about their health and the medicines they use. With this in mind, it is important to raise awareness of over-the-counter (OTC) medicines and how to use them safely.

### FAST FACTS ON OTC MEDICINE SAFETY

Teens are medicating WITH and WITHOUT adult supervision. Misuse—taking an OTC medicine in a manner other than what is directed by the Drug Facts label or a doctor—is dangerous. Here are some facts about OTC medicines and young adults:

- 50 percent of adolescents begin to self-medicate with OTC medicine as early as ages 11 to 12.
  - » 22 percent self-medicate without checking with an adult.
  - » 43 percent self-medicate after checking with an adult.
  - » 32 percent are given medicines by adults.
- Each year, there are 10,000 emergency room visits for medicine overdose in persons younger than 18 caused by adolescents self-administering OTC medicines. (Journal of the American Pharmacists Association)
- In 2012, poison centers across the country managed more than 140,000 cases of pharmaceutical exposures involving children ages 6 to 19.



## Over-The-Counter Medicine Safety

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### YOUTH NEED TO RECOGNIZE AND AVOID MISUSE OF OTC MEDICINES

Many people think OTC medicines are safer than prescription medicines, but all medicines can cause harm if not used properly. By equipping ourselves and our families with the knowledge and training to make safe choices relating to OTC medicines, we can prevent some of the following mistakes from happening:

- Taking more than the recommended dose.
- Taking medicine more frequently than directed on the label.
- Taking medicine for reasons or symptoms other than what is directed on the label.
- Using more than one medicine with the same active ingredient at the same time.
- Taking medicines for longer than directed on the label.



## Over-The-Counter Medicine Safety

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The SCOUTStrong Be MedWise Award has been developed as an interactive and informative way to educate Scouts and Venturers about the many benefits of OTC medicines and the harm that they can cause if they are misused.

Topics discussed in the SCOUTStrong Be MedWise Award educational material include the following:

- How OTC medicines can provide benefits when used correctly but can cause harm if misused
- The Drug Facts label
- Safe dosing and storage of OTC medicines
- Whom to call in the event of misuse or if there are questions about medicines

The National Council of Patient Information and Education (NCPIE)\* is proud to be partnering with the Boy Scouts of America on this important health project. Today's medicines, when taken properly, provide tremendous value by promoting better health. This program is designed to encourage Scouts and their families to discuss safe medicine use in the home and to support safe and appropriate use of over-the-counter medicines.

*\*NCPIE encourages health care professionals and community groups to foster patient-professional communication about medicines. However, NCPIE does not supervise or endorse the activities of any group or professional. Discussion and action concerning medicines are solely the responsibility of the patient and his or her health care professionals, and not NCPIE*



## Program Description and Objectives

### SCOUTSTRONG BE MEDWISE AWARD OBJECTIVES

Upon completion of the SCOUTStrong Be MedWise Award training, Scouts and Venturers will:

- Understand what prescription and OTC medicines are, and the ways they are the same and different.
- Know how to use OTC medicines safely.
- Know what's on the Drug Facts label.

### SCOUTSTRONG BE MEDWISE AWARD PROGRAM

The SCOUTStrong Be MedWise Award training consists of three lessons and a final review, which are as follows:

- Lesson 1: What Is Medicine? (Pg 11)
- Lesson 2: Using Medicines Safely (Pg 31)
- Lesson 3: The Drug Facts Label (Pg 36)
- Lesson 4: Wrap Up! (Pg 43)

The training has been designed such that each lesson could be reviewed in a unit meeting, taking up no more than 12 to 15 minutes. While completing the training over a span of four consecutive meetings is optimal, the program is self-paced and it is up to the unit leader as to how quickly to complete it.



# Program Description and Objectives

EARNING THE SCOUTSTRONG BE MEDWISE AWARD IS EASY!  
JUST FOLLOW THESE STEPS:

## Step 1

**COMPLETE** the lessons and activities: Have your unit complete each of the four lessons in this training. While it is best if the training is completed over the span of four consecutive unit meetings, the training is self-paced and can be completed over a timeframe that is at the discretion of the unit leader.

## Step 2

**COMPLETE** review exercise: Have all of the youth participants successfully complete the review exercise in lesson four.

## Step 3

**PRINT YOUR CERTIFICATES AND ORDER YOUR PATCHES!**

Find the fillable certificate on the last page 48 of this guide.

The SCOUTStrong Be MedWise Award Patch (SKU 622705) can be ordered at [www.scoutshop.org](http://www.scoutshop.org).

# Additional Resource Links

**OTC Literacy**—Developed by Scholastic and the American Association of Poison Control Centers (AAPCC). OTC Literacy is a website where educators, students, and families can access valuable information and resources about over-the-counter (OTC) medicine safety.

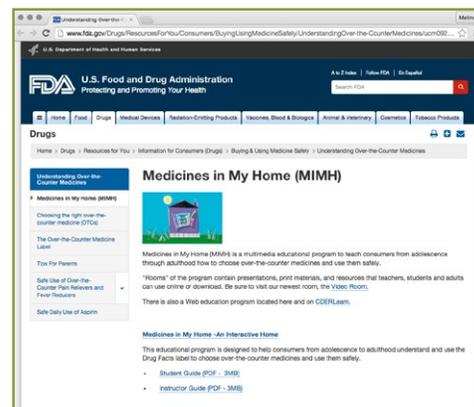
<http://www.scholastic.com/otcliteracy/>



## **Medicines in My Home (MIMH)**

—is a multimedia educational program developed by the Food and Drug Administration to teach consumers from adolescence through adulthood how to choose over-the-counter medicines and use them safely.

<http://www.fda.gov/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/ucm092139.htm>



**Be Medicine Wise** — A NCPIE website focused exclusively on promoting safe and appropriate OTC medicine use.

<http://www.bemedwise.org/>



# Glossary Of Terms

**Active Ingredient:** An active ingredient is any component that provides pharmacological activity or other direct effect in the diagnosis, cure, mitigation, treatment, or prevention of disease, or to affect the structure or any function of the body of humans or animals.

**Drug:** A drug is defined as:

- A substance recognized by an official pharmacopoeia or formulary.
- A substance intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease.
- A substance (other than food) intended to affect the structure or any function of the body.
- A substance intended for use as a component of a medicine but not a device, or a component, part, or accessory of a device.
- Biological products are included within this definition and are generally covered by the same laws and regulations, but differences exist regarding their manufacturing processes (chemical process versus biological process.)

**Generic Drugs:** Generic drugs are safe, effective, and approved by the U.S. Food and Drug Administration (FDA). They have the same dosage, safety, quality, performance, and strength as brand-name drugs. The color or flavor of a generic medicine may be different, but the active ingredient is the same. After the patent runs out on a brand-name drug, companies can apply to the FDA to make a generic copy of that drug. Generic drugs usually cost less than brand-name drugs.

**Label:** The FDA-approved label is the official description of a drug product and includes indication (what the drug is used for); who

should take it; adverse events (side effects); instructions for uses in pregnancy, children, and other populations; and safety information for the patient. Labels are often found inside drug product packaging.

**Medication/Medicine:** Any substance or substances used in treating disease or illness.

**Over-the-Counter (OTC) Drugs:** The FDA defines OTC drugs as drugs that are safe and effective for use by the general public without a doctor's prescription.

**Pharmacist:** A person licensed to prepare and give out (dispense) prescription drugs and medicines and who has been taught how they work, how to use them, and their side effects.

**Pharmacy:** A place where drugs are sold; a drugstore.

**Prescription:** A direction written by the physician to the pharmacist for the preparation and use of a medicine or remedy.

**Prescription Drug Product:** A prescription drug product requires a doctor's authorization to purchase.

**Side Effect:** An effect of a drug, chemical, or other medicine that is in addition to its intended effect, especially an effect that is harmful or unpleasant. Strength: The strength of a drug product tells how much of the active ingredient is present in each dosage.

**Symptom:** A sign or indication that a person has a condition or disease. Some examples of symptoms are headache, fever, fatigue, nausea, vomiting, and pain.



### About NCPIE

Organized in 1982, the National Council on Patient Information and Education (NCPIE) is a nonprofit coalition of diverse organizations committed to promoting the wise use of medicines for better health through trusted communication. NCPIE works to address critical safe medicine use issues such as adherence improvement, prescription drug abuse prevention, reduction of medication errors, and quality improvements in health care provider-patient communication. For more information, visit [www.BeMedWise.org](http://www.BeMedWise.org)



**Prepared. For Life.®**

### About the Boy Scouts of America

The Boy Scouts of America provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life." The Scouting organization is composed of 2.6 million youth members between the ages of 7 and 21 and more than a million volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org)



### About the SCOUTStrong Healthy Living Initiative

The SCOUTStrong® Healthy Living Initiative is a Boy Scouts of America initiative that integrates active lifestyles, healthy eating, and emotional fitness into everything that the BSA does through alliances, campaigns, and updated programs.



### About the SCOUTStrong Be MedWise Patch

In many other cultures, owls represent wisdom and knowledge because their night-time vigilance is associated with that of the studious scholar or wise elder. The owl in the Be MedWise patch is shown clutching a shield with a medicine pill on it. This is meant to represent the knowledge needed to make wise and safe choices in medicating with over-the-counter medicines.

SKU 622705



LESSON 1 TIMING: 12-15 MIN



## What Is Medicine?

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### TEACHING POINTS/BACKGROUND INFORMATION:

*A Medicine...*

...is a drug. The words “medicine” and “drug” mean the same thing.

...changes how your body works. It treats or prevents a disease or symptom.

...can do things as simple as making you feel better when you have a cold or as complicated as treating cancer (such as chemotherapy).

These are the differences between a prescription and an over-the-counter medicine.



### PRESCRIPTION

Ordered by a doctor  
 Bought at a pharmacy  
 Ordered for and intended to be used  
 by only one person

VS.



### OVER-THE-COUNTER

Can buy without a doctor's order  
 Bought off the shelf in store aisles  
 May be used by more than one person for  
 the same symptom or problem

## BELOW ARE THE SIMILARITIES BETWEEN A PRESCRIPTION AND AN OVER-THE-COUNTER MEDICINE

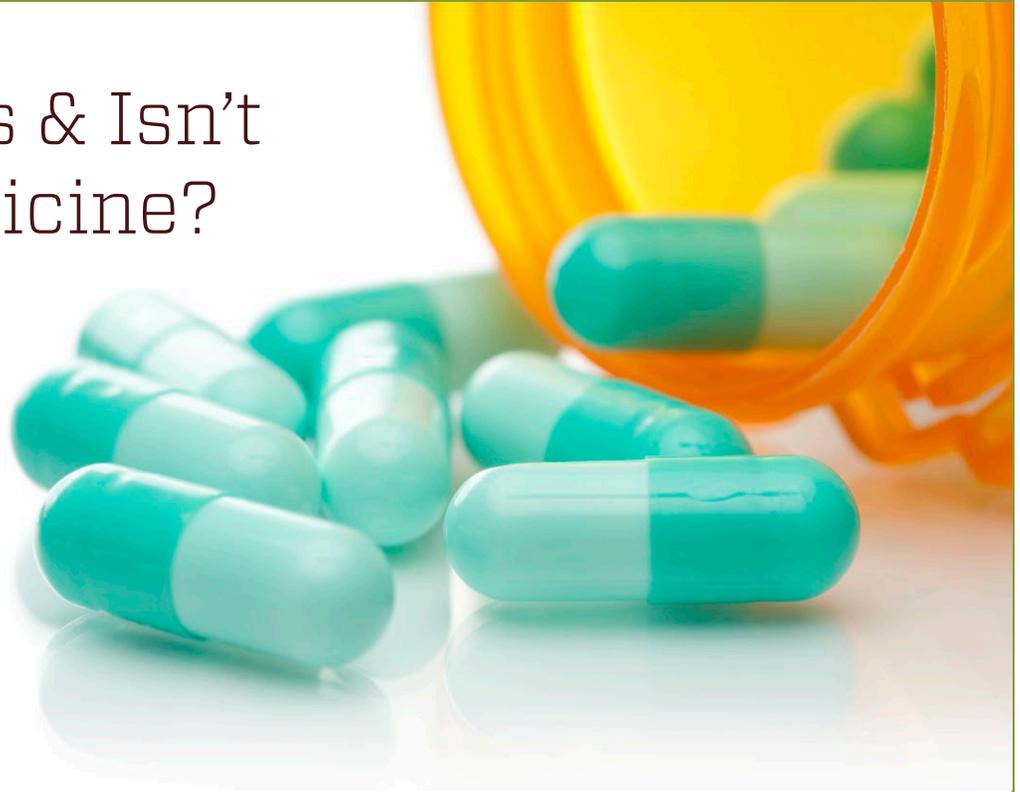
*For both types of medicine:*

- Directions must be followed carefully and correctly.
- Children should use them only with permission of a parent or guardian.
- A pharmacist can answer questions.

## ARE DIETARY SUPPLEMENTS MEDICINES?

- Dietary supplements are not OTC medicines.
- Like over-the-counter medicines, dietary supplements can be bought off the shelf without a doctor's order (prescription). They can come as tablets, capsules, soft gels, liquids, or powders, so they may also look a lot like medicine you take by mouth.
- Dietary supplements can be added to the food you eat. Dietary supplements may include vitamins, minerals, herbs, and other ingredients.
- Dietary supplements have Supplement Facts labels. Over-the-counter medicines have Drug Facts labels. Dietary supplements do not require approval from the Food and Drug Administration (FDA).

# What Is & Isn't a Medicine?



## ACTIVITY SETUP

- The leader will bring to the meeting all or some of the items listed on page 14.
- If some items are not available, the leader can either print the pictures on pages 16 – 30 or they can bring pictures of items from magazines or print pictures from the Internet.

## ACTIVITY

- All items (or pictures of the items) will be set up on a table.
- The leader will ask the participants to divide themselves into equal-size teams.
- Each team will go to the table, inspect the items, return to their seats and determine amongst themselves which items are medicines and which are not.
- Each team will then record their decision on a tally sheet.
- After all the teams have made their decisions, the leader will reveal which items are medicines and which are not.
- After the results are read, each team will score one point for each item it got right and add up the total points.
- The team with the most points wins.



## What Is & Isn't Medicine?

Type of Product	Is it Medicine?	Why?
Antiperspirant	<i>Yes</i>	Stops sweat glands from making sweat
Deodorant	<i>No</i>	Just covers up odor of sweat
Mouthwash for Plaque & Gum Disease	<i>Yes</i>	Contains active ingredients that reduce plaque and gum disease
Regular Mouthwash	<i>No</i>	Just makes breath smell better
Dandruff Shampoo	<i>Yes</i>	Treats dandruff and itching
Regular Shampoo	<i>No</i>	Just Cleans Hair
Fluoride Toothpaste	<i>Yes</i>	Reduces cavities
Toothpaste without Fluoride	<i>No</i>	Just Cleans Your Teeth
Vitamin C	<i>No</i>	Vitamins are supplements, not medicines
Aspirin	<i>Yes</i>	Treats Pain
Ibuprofen	<i>Yes</i>	Treats Pain
Cough Syrup	<i>Yes</i>	Treats Cough
Allergy Pills	<i>Yes</i>	Treat Allergies
Petroleum Jelly	<i>Yes</i>	Relieves Dryness
Rubbing Alcohol	<i>Yes</i>	Acts as an Antiseptic



### This is the Information That the Scouts Should Have Learned from Lesson 1 - What is Medicine?

- ✿ What is Medicine?
- ✿ What are Some Reasons for Using an Over-the-Counter (OTC) Medicine?
- ✿ Prescription & OTC Medicines
  - How are they different?
  - How are they the same?
- ✿ Are Dietary Supplements Medicines?

# Antiperspirant



Is It A Medicine?

  
**YES**  
**NO**

# Deodorant



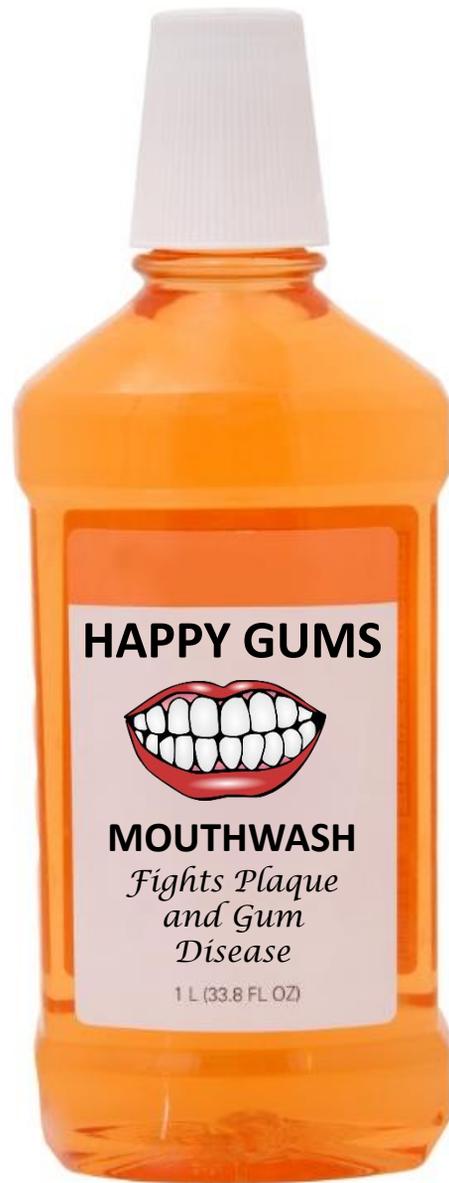
Is It A Medicine?

YES

NO

# Mouthwash

*For Plaque and Gum Disease*



**Is It A Medicine?**

  
**YES**  
**NO**

# Regular Mouthwash



Is It A Medicine?

  
**YES**  
**NO**

# Dandruff Shampoo



Is It A Medicine?

YES

NO

# Regular Shampoo



Is It A Medicine?

  
YES  
NO

# Fluoride Toothpaste



Is It A Medicine?

  
**YES**  
**NO**

# Toothpaste w/o Fluoride



Is It A Medicine?

  
YES  
NO

# Vitamin C



Is It A Medicine?

  
**YES**  
**NO**

# Aspirin



Is It A Medicine?

  
**YES**  
**NO**

# Ibuprofen



Is It A Medicine?

YES

NO

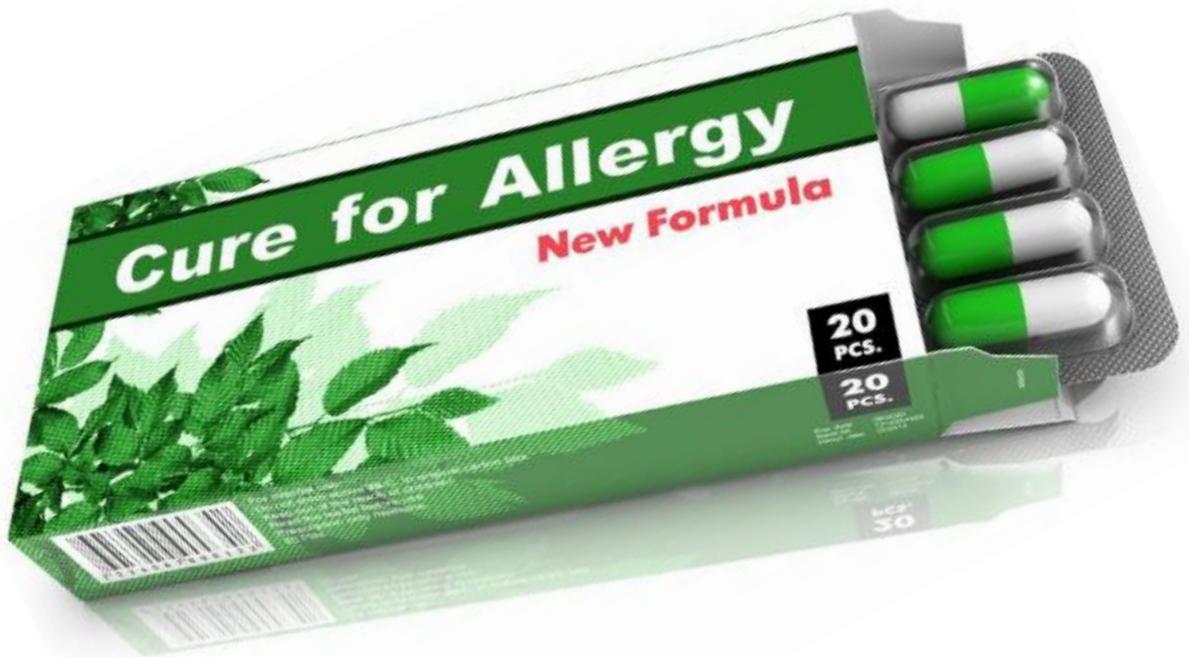
# Cough Syrup



Is It A Medicine?

  
**YES**  
**NO**

# Allergy Pills



Is It A Medicine?

  
YES  
NO

# Petroleum Jelly



Is It A Medicine?

YES

NO

# Rubbing Alcohol



Is It A Medicine?

  
**YES**  
**NO**



LESSON 2 TIMING: 12-15 MIN



## Using Over-the-Counter Medicines Safely

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### TEACHING POINTS/BACKGROUND INFORMATION:

...All of the prescription and over-the-counter medicines you use are approved by the Food and Drug Administration (FDA). The FDA is the part of our country's government that makes sure our medicines are safe and and effective.

...Review the following 12 Tips For Using OTC Medicines Safely in Table 2.

## 12 Tips for Using OTC Medicines Safely

- 1 Talk to your parent or guardian before using any medicine.
- 2 Read the Drug Facts label—ALL of it—every time you use a medicine, and follow the directions. Use a medicine only if you know what it is and what it's for.
- 3 Choose a medicine that treats only the problems you have. Using medicine you don't need won't help you.
- 4 Check the active ingredients in all your medicines. These are the ingredients in the medicine that make it work. Two medicines with the same active ingredient should not be used together because you could get too much; too much can hurt you.
- 5 Take the medicine dose listed on the label. Don't take more. If this dose doesn't help you feel better, talk to your doctor.
- 6 Tell your parent, guardian, or school nurse if you don't feel better or if you feel worse after using a medicine.
- 7 Use medicine only as long as the label says. If you think you need the medicine for a longer time, talk to your doctor.
- 8 Talk to your parent, doctor, nurse, or pharmacist if you have questions about your medicine or how it should make you feel.
- 9 Tell your pharmacist and doctor or nurse ALL of the medicines and dietary supplements you use.
- 10 Keep medicine in the bottle, box, or tube it came in. That will make the directions easy to find.
- 11 Keep medicines that don't need to go in the refrigerator in a safe, dry place where they can't be seen or reached by younger children or pets. This helps medicine last longer and helps prevent medicine accidents.
- 12 If it is past the date on a medicine's package, the medicine may not work as well. Have your parent or guardian throw away old medicines where they can't be reached by younger children or pets.



## Using Over-the-Counter Medicines Safely

### MEASURE LIQUID MEDICINES CORRECTLY TO GET THE RIGHT AMOUNT.

- Use the measuring spoon, cup, or syringe that comes with your medicine. It will give the most exact dose.
- If your medicine doesn't come with a special measuring device, ask for one at the pharmacy.
- Spoons made for eating and cooking may hold the wrong amount of medicine.
- Check the markings on your measuring tool to make sure it can measure the right dose.
- Most liquid medicines are measured in teaspoons (tsp) and milliliters (mL).



**5 mL = 1 teaspoon (tsp)**

**15 mL = 3 teaspoons = 1 tablespoon (TBSP)**

**30 mL = 1 fluid ounce (oz.)**

# Correct and Incorrect Ways to Measure Your Medicine Dose

To get an exact measurement of medicine it is important to only use either the dosing device that is provided with the medicine or a proper dosing device that is designed for medicine.

## Examples of Proper Medicine Dosing Devices



Dosage Cup



Dosage Syringe



Dosage Spoon

## DO NOT USE THESE SPOONS AS A MEDICINE DOSAGE DEVICE.



Plastic Spoons



Flatware Spoons



Measuring Spoons

## FACT

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

The *Drug Facts* label tells you how much medicine you should take based on your weight and/or age.



This is the Information That the Scouts Should Have Learned from Lesson 2 - Using Over-the-Counter Medicines Safely

- ❁ Learn 12 tips for using over-the-counter medicines safely.
- ❁ How to measure liquid medicine correctly.

**LESSON 3 TIMING: 12-15 MIN**

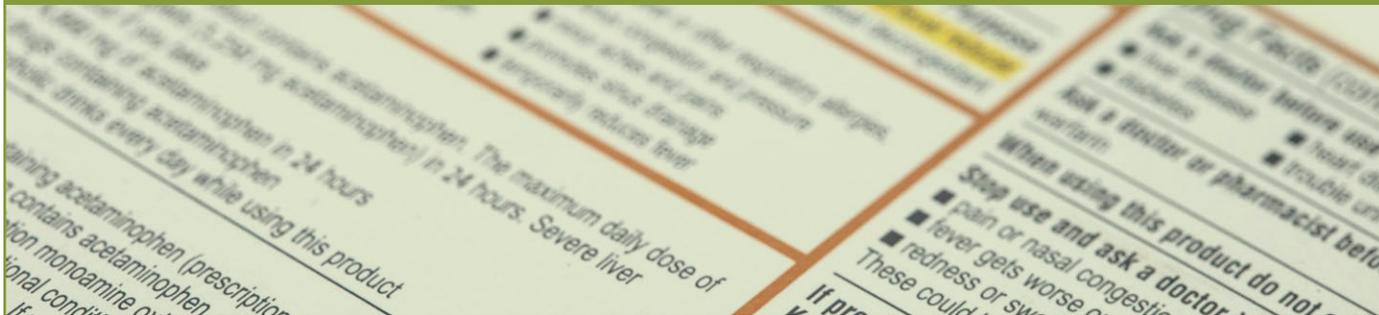
# THE DRUG FACTS LABEL

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## TEACHING POINTS/BACKGROUND INFORMATION:

The Drug Facts Label helps you choose and use over-the-counter (OTC) medicines correctly and safely. All medicines, even OTC medicines, can cause side effects (unwanted or unexpected effects). But if you follow the directions on the label, you can lower your chance of experiencing side effects. The Drug Facts label tells you:

- The ingredients in the medicine
- What the medicine is used for
- If the medicine is right for you and your problem
- If there are reasons to talk to your doctor first
- How to use the medicine



# WHAT IS ON A DRUG FACTS LABEL?

**Active ingredient/Purpose section** tells you about the ingredients in your medicine that makes it work—its name, what it does, and how much is in each pill or teaspoon.

**The Uses section** tells you the problems the medicine will treat.

**The Warnings section** tells you:

- When you should talk to your doctor first
- How the medicine might make you feel
- When you should stop using the medicine
- When you shouldn't use the medicine
- Things you shouldn't do while using the medicine

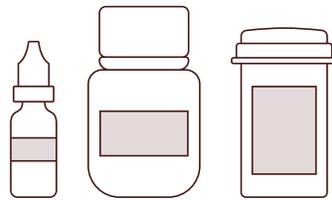
**The Directions section** tells you how to safely use the medicine:

- How much to use
- How to use it
- How often to use it (how many times per day/how many hours apart)
- How long you can use it

**The Other Information section** tells you how to store your medicine when you aren't using it.

**The Inactive Ingredients section** tells you about any ingredients in the medicine that aren't active ingredients; that is, ingredients that don't treat the problem. Inactive ingredients help form a pill, add flavor or color, or help the medicine last longer.

Based on the time available, the adult leader can choose to do one or both activities outlined below.

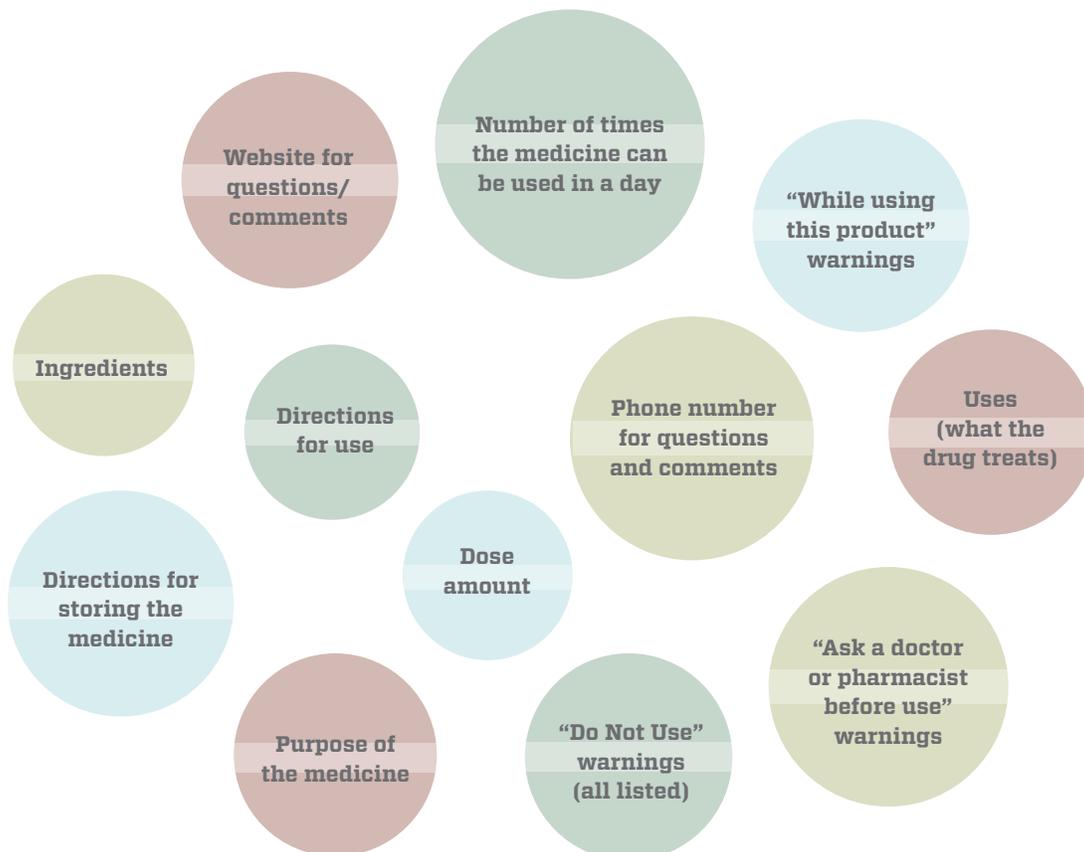


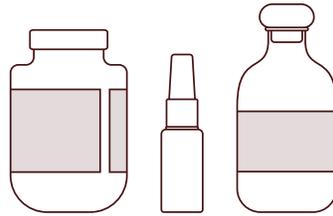
# Drug Facts Label

## ACTIVITY 1

The Adult Leader will download and hand out copies of the Lesson 3 - Activity 1 on page 41.

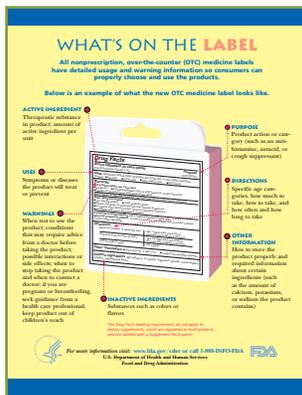
Per the diagram listed in Activity 1 (see below) the adult leader should ask the Scouts to circle the items that can be found on the label of an OTC medicine. **NOTE TO ADULT LEADER:** All of the items below can be found on the Drug Facts label of an OTC medicine.





# Drug Facts Label

## ACTIVITY 2



The Adult Leader hands out the “What’s On the Label” fact sheet on page #.

The Adult Leader asks participants to divide into small groups and have each group come up with three reasons why it is important to read all the information on the Drug Facts label. Each group chooses a group spokesman to report their reasons. Examples of correct answers include the following.

**SO THAT YOU KNOW AND UNDERSTAND:**

- What the active ingredient(s) is in your medicine
- What the medicine treats
- How much medicine is in a pill or teaspoon
- When you should not use a medicine at all
- When you should talk to your doctor or pharmacist before using a medicine
- How a medicine might make you feel when using it
- When you should stop using a medicine
- Things you should not do while taking a medicine
- That medicines should be kept out of reach of children
- How much medicine to use
- How often to use the medicine
- How to store a medicine when you are not using it
- The inactive ingredients in the medicine
- How to contact the company that made the medicine if you have questions or need more information



This is the Information That the Scouts Should Have Learned from Lesson 3 - The Drug Facts Label

- 🌿 Why is reading the Drug Facts label important?
- 🌿 What information is on the label?

# Be Medwise Award

## LESSON 3 – Activity 1



Website for  
questions/  
comments

Number of  
times the  
medicine can  
be used in a day

"While using  
this product"  
warnings

Ingredients

Directions  
for use

Phone number  
for questions  
and comments

Uses  
(what the  
drug treats)

Directions  
for storing  
the medicine

Dose  
amount

"Ask a doctor  
or pharmacist  
before use"  
warnings

Purpose of  
the medicine

"Do Not Use"  
warnings  
(all listed)

# Be Medwise Award

## LESSON 3 – Activity 2



## WHAT'S ON THE LABEL

All nonprescription, over-the-counter (OTC) medicine labels have detailed usage and warning information so consumers can properly choose and use the products.

Below is an example of what the new OTC medicine label looks like.

### ACTIVE INGREDIENT

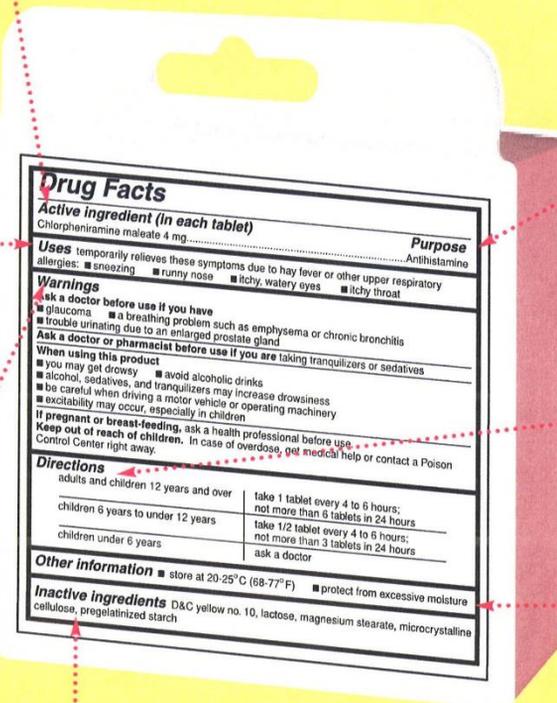
Therapeutic substance in product; amount of active ingredient per unit

### USES

Symptoms or diseases the product will treat or prevent

### WARNINGS

When not to use the product; conditions that may require advice from a doctor before taking the product; possible interactions or side effects; when to stop taking the product and when to contact a doctor; if you are pregnant or breastfeeding, seek guidance from a health care professional; keep product out of children's reach



### PURPOSE

Product action or category (such as an anti-histamine, antacid, or cough suppressant)

### DIRECTIONS

Specific age categories, how much to take, how to take, and how often and how long to take

### OTHER INFORMATION

How to store the product properly and required information about certain ingredients (such as the amount of calcium, potassium, or sodium the product contains)

### INACTIVE INGREDIENTS

Substances such as colors or flavors

*The Drug Facts labeling requirements do not apply to dietary supplements, which are regulated as food products, and are labeled with a Supplement Facts panel.*



For more information visit: [www.fda.gov/cder](http://www.fda.gov/cder) or call 1-888-INFO-FDA  
U.S. Department of Health and Human Services  
Food and Drug Administration





LESSON 4 TIMING: 12-15 MIN

## WRAP-UP

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**It Is Important:**

- To follow the information on the Drug Facts label.
- For children and adolescents to get permission from an adult before using any medicine.
- To use the measuring device that comes with the medicine.
- To choose a medicine that treats symptoms or problems you have.
- To make sure you don't use two medicines with the same active ingredient.
- To read, understand, and follow the Drug Facts label instructions every time an OTC medicine is used.
- To understand the kinds of problems and symptoms OTC medicines can treat.
- To know how to get more information about OTC medicines.
- To keep an up-to-date record of all medicines and dietary supplements you use.
- To know OTC medicines are serious medicines that must be taken with care.

**ACTIVITY: WRAP-UP EXERCISE**

With the participants, review the Teaching Points for the Wrap-Up exercise. Then pass out the Lesson 4 - Wrap Up Exercise on page 44–45. The Lesson 4 - Wrap Up Exercise Answer key is on page 46–47.

Ask participants to answer the questions individually. Then ask for a volunteer to read a question and then have the group determine the correct answer. Have the participants compare their responses with the correct answers.

## LESSON 4 – Wrap Up Exercise

**NAME** \_\_\_\_\_

These wrap up exercises are to see what you have learned about the over-the-counter (OTC) medicine and the **Drug Facts** label.

### EXERCISE 1

Read each statement below. Check True, False, or Don't Know for each statement.

WRAP UP QUESTIONS	YES	NO	DON'T KNOW
a) Over-the-counter (OTC) medicine is so safe, I don't need to be careful about how I use it or how much of it I use.			
b) Anti-perspirants and some toothpastes are medicines.			
c) I need a note from my doctor to buy OTC medicine.			
d) A pharmacist can answer my questions about OTC medicine.			
e) When I use a liquid medicine I can measure the amount (dose) correctly it with a spoon from the silverware drawer.			
f) One gulp from a bottle is about 1 tablespoon of medicine.			
g) Medicine can change how my body works.			
h) Active ingredients are the parts of the medicine that make it work.			
i) An OTC medicine has a label that tells me how to use it safely.			
j) Just like some foods, medicines have expiration dates.			



# LESSON 4 – Wrap Up Exercise

## EXERCISE 2

From the list below, circle the items you can find on the label of an OTC medicine.

<i>Ingredients</i>	<i>"Do Not Use" warnings (all listed)</i>	<i>Dose amount</i>
<i>Web site for questions/comments</i>	<i>"Ask a doctor or pharmacist before use" warnings</i>	<i>Phone number for questions and comments</i>
<i>Uses (what the drug treats)</i>	<i>"While using this product" warnings</i>	<i>Number of times the medicine can be used in a day</i>
<i>Purpose of the medicine</i>	<i>Directions for use</i>	<i>Directions for storing the medicine</i>

## EXERCISE 3

Give three reasons to this question: **“Why it is important to read all information on the package of the medicine?”**

<b>REASON 1</b>	<hr/> <hr/> <hr/>
<b>REASON 2</b>	<hr/> <hr/> <hr/>
<b>REASON 3</b>	<hr/> <hr/> <hr/>



## LESSON 4 – Wrap Up Exercise

### Answer Key

These wrap up exercises are to see what the Scouts have learned about the over-the-counter (OTC) medicine and the **Drug Facts** label.

#### EXERCISE 1

Read each statement below. Check True, False, or Don't Know for each statement.

WRAP UP QUESTIONS	YES	NO	DON'T KNOW
a) Over-the-counter (OTC) medicine is so safe, I don't need to be careful about how I use it or how much of it I use.		✓	
b) Anti-perspirants and some toothpastes are medicines.	✓		
c) I need a note from my doctor to buy OTC medicine.		✓	
d) A pharmacist can answer my questions about OTC medicine.	✓		
e) When I use a liquid medicine I can measure the amount (dose) correctly it with a spoon from the silverware drawer.		✓	
f) One gulp from a bottle is about 1 tablespoon of medicine.		✓	
g) Medicine can change how my body works.	✓		
h) Active ingredients are the parts of the medicine that make it work.	✓		
i) An OTC medicine has a label that tells me how to use it safely.	✓		
j) Just like some foods, medicines have expiration dates.	✓		



## LESSON 4 – Wrap Up Exercise

### EXERCISE 2

From the list below, circle the items you can find on the label of an OTC medicine. **(ANSWER: All of the following items are found on the label of an OTC medicine and should be circled.)**

Ingredients	"Do Not Use" warnings (all listed)	Dose amount
Web site for questions/comments	"Ask a doctor or pharmacist before use" warnings	Phone number for questions and comments
Uses (what the drug treats)	"While using this product" warnings	Number of times the medicine can be used in a day
Purpose of the medicine	Directions for use	Directions for storing the medicine

### EXERCISE 3

Give three reasons to this question: **"Why it is important to read all information on the package of the medicine?"**

**ANSWER:** Examples of correct answers include the following.

So that you know and understand:

- What the active ingredient(s) is in your medicine
- What the medicine treats
- How much medicine is in a pill or teaspoon
- When you should not use a medicine at all
- When you should talk to your doctor or pharmacist before using a medicine
- How a medicine might make you feel when using it
- When you should stop using a medicine
- Things you should not do while taking a medicine
- To keep medicines out of reach of children
- How much medicine to use
- How often to use the medicine
- How to keep a medicine when you are not using it
- The inactive ingredients in the medicine
- How to contact the company for questions or more information





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