Be Safe and Smart with Medicine

Early Education is the Best Medicine
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When you take it the right way, medicine can be safe and make you feel better.

When you are not feeling well, the doctor or nurse will tell your parents, or the person who cares for you, which medicine you should take, how much to take, and when to take it.
Be smart! Only take medicine from a grownup who you **know and trust**.

Circle the people you can trust to give you medicine or vitamins.

- Mom
- Dad
- Older brother
- Stranger
- Pinky
- Grandma
- Spot
- Your Friend
- School Nurse
- Doctor
Protect yourself. Never take medicine from a stranger or from someone you do not know or trust. It’s ok to say “no.”

Parent Tip: Talk to your kids about ways they can say “no.”
Even if they are just trying to help you, it’s never a good idea to take medicine or vitamins from a friend.

It is dangerous to share medicine with others.

Maybe my inhaler will help?

No thanks. I think we should take him to the school nurse’s office.
Medicine is used to help you feel better when you don’t feel well.

Have you ever been sick with one of these problems? Circle the ones you have had.

- Flu
- Fever
- Cough or Cold
- Asthma
- Earache
- Rash
- Bee Sting or Mosquito Bite
- Stomachache
- Headache
Medicine and vitamins can look like candy, but they are NOT candy!

Be careful not to mistake medicine for candy.

Parent Tip: Keep all medicine and vitamins locked up and out of reach of children.
If you are not feeling well at school, you can get help from the school nurse.

Can you get from your classroom to the nurse’s office?
If you are feeling sick, the school nurse can try to help you feel better, or get you the help you need.

Circle things you might find in the school nurse’s office.
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Your name: _____________________________________

Topics covered in these workbooks are based on some of the standards provided by the CDC’s Health Education Curriculum Analysis Tool (HECAT) Module on Alcohol and Other Drugs. To learn more about the standards, visit www.cdc.gov/healthyouth/hecat/.

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For more tools and information, visit SmartMovesSmartChoices.org