



LifeSmarts

Learn it. Live it.

This learning activity complements the LifeSmarts OTC Medicine Safety Mentoring Project. See <http://lifesmarts.org/otc/> for more information. LifeSmarts is a program of the National Consumers League, providing confidence and safety in the marketplace since 1899.

Medicine Safety Activities

Hidden Home Hazards

Description:

There are all kinds of things to know about safe medicine storage. Learn by exploring the rooms in the home.

Time:

5-10 minutes

Materials:

- Computer, Internet, projector

Procedures:

1. Display Scholastic's [Hidden Home Hazards](#) learning activity.
2. Ask students to find the safe and unsafe OTC medicine storage locations in each room.

Medicine Safety Card Sort

Description:

Evaluate student knowledge of safe storage of over-the-counter and prescription drugs.

Time:

5-10 minutes

Materials:

- Safe and Unsafe cards
- Key – Safe and Unsafe cards

Procedures:

1. Duplicate and cut the Safe and Unsafe statement cards apart.
2. Distribute card sets to small groups. Ask participants to sort into two categories, *Safe* and *Unsafe*.
3. Review and discuss results using the key.

Safe Activities	Unsafe Activities
Dispose of all unused and expired medicines.	Keep the Poison Control Center's phone number in the phone and address book.
Store medicines up high and out of sight.	Use a spoon or other kitchen utensil to measure medicine.
Ask questions if you are unsure about how to use your medicine (including your OTC medicine).	Keep medicine in an unmarked bottle so others do not know what it is.
Store medicines out of sight and out of the reach of children to avoid emergencies.	Remove the child resistant cap on medicine so it is easy to open the next time medicine is needed.
Medicine storage cabinets should be high and out of reach.	Close handbags containing medicine and store out of reach.

Call 911 for help in an emergency or contact the Poison Center for medicine-related information.	Place open luggage on the floor to get items out quickly.
Read and follow the Drug Facts label to use OTC medicine safely.	Leave medication by the bedside so it is easy to remember to take it.
Close and store guest luggage out of sight so others cannot get unsafe items.	Store frequently used medicines on a kitchen counter.