



# LifeSmarts

Learn it. Live it.

HEALTH AND SAFETY  
SEPTEMBER 2021

## LEARN

### OTC Medicine Safety

View the [Medicine Safety 101 PowerPoint](#) to learn the basics about OTC and prescription drugs.

View the [Drug Facts Label PowerPoint](#) to educate yourself and share information with your family and community.

## COMPETE

### TeamSmarts

Encourage your teams to take the [100-question September TeamSmarts quiz](#) on health & safety topics. \$100 cash prizes to the top-scoring teams!

FCCLA/LifeSmarts Knowledge Bowl teams compete in Knowledge Bowl Round 1 – TeamSmarts September 15 - October 15

## CONNECT

### Leadership Opportunities

LifeSmarts offers numerous leadership opportunities. Participants use mentor programs or join the Team Advisory Board to meet project goals in FCCLA, FBLA, and 4-H.

## CONTENT VOCABULARY

1. 988
2. active ingredient
3. basal cell
4. brand name drug
5. broad spectrum
6. carbon monoxide
7. combustion
8. dose
9. EDITH
10. epidemic
11. fire triangle
12. generic drug
13. inactive ingredients
14. OTC medicine
15. pandemic
16. PASS
17. pathogen
18. RX/prescription
19. side effects
20. smoke detector
21. SPF
22. squamous cell
23. sunblock
24. sunscreen
25. UV index
26. wellness

## SNEAK PEEK

In October, watch for the all-new slide show, *A Basic Guide to Selecting and Financing Career School or College*, a great place for first-generation students to start.

## COMMUNICATE Give Back in the Community

High School LifeSmarts participants are invited to share an informational OTC Medicine Safety Message with middle school students and others in the community. Incentives include:

- Meet service learning or community service requirements
- Earn Team Awards
- Qualify for scholarships
- Earn Competition bonus points!

<https://lifesmarts.org/otc/>



## GO DEEPER

Watch a ConsumerMan LifeSmarts Video

Review the ConsumerMan Video [House Fires](#) to gain strategies to protect your family.

Want more great Health & Safety resources? Use the [Question-a-Day Calendar](#) and [key](#), and check out the [weekly content vocabulary practice quizzes](#).

## APPLY YOUR UNDERSTANDING

Team Brainstorm: List all the facts you know about the images below.



Drug Facts	
Active ingredients	Purpose
Medicine 100 mg	through equipment
Medicine 100 mg	nasal decongestant
Use temporarily relief:	
• relief due to minor throat and bronchial irritation	
• nasal congestion	
Warnings	
Do not use if you have ever had an allergic reaction to this product or any of its ingredients.	
Ask a doctor before use if you have liver or kidney disease. Your doctor should determine if you need a different dose.	
When using this product:	
• Do not eat or get thirsty.	
• Be careful when driving a motor vehicle or operating machinery	
• Irritability may occur, especially in children	
Stop use and seek medical help right away if allergic reaction occurs.	
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away (1-800-235-1223).	
Directions	
• Tablet melts in mouth. Can be taken with or without water.	
adults and children 12 years and older	2 tablets every 12 hours. Do not use more than 8 tablets in 24 hours period.
children 6 years to under 12 years	1 tablet every 12 hours. Do not use more than 3 tablets in 24 hour period.
children under 6 years of age	ask a doctor
Other information	
store at 20°-25°C (68°-77°F) • keep dry	
Inactive ingredients	
hydrochloric acid, aspartame, magnesium stearate, maltodextrin, modified food starch, sodium bicarbonate, D&C yellow no. 10	
Questions or comments?	
Call weekdays from 9 a.m. to 5 p.m. EST at 1-800-XXX-XXXX.	

