

# Product Information: Medicine Labels

The labels on such over-the-counter (OTC) medicines as pain relievers, cough syrups, and nasal sprays provide information about the medicines' use and dosage. Learning to read OTC labels will help you take these medicines safely and effectively. Look at the example label as you read each strategy below.

- A** Read the **list of conditions or illnesses** the medicine can be used to treat.
- B** Pay attention to the **directions** that tell **who should take the medicine**. They also provide information on the **recommended daily dose**: how much and how often the medicine should be taken.
- C** Read the **warnings** section carefully. This section tells users how long the medicine can safely be taken and explains what to do if the condition continues or new symptoms appear. It also contains a warning for new mothers.
- D** Always note this sentence, which appears on many medicines. It serves as a **reminder** that even OTC medicines can be dangerous in the wrong hands.


### Extra-Strength Non-Aspirin

**A INDICATIONS:** For the temporary relief of minor aches and pains associated with the common cold, headache, toothache, muscular aches, backache, for the minor pain of arthritis, for the pain of cramps, and for the reduction of fever.


**B DIRECTIONS:** Adults and children 12 years of age and older: Take 2 tablets every 4 to 6 hours. No more than a total of 8 tablets in any 24-hour period, or as directed by a doctor. Not for use in children under 12 years of age.

**C WARNINGS:** Do not take for pain for more than 10 days or for fever for more than 3 days unless directed by a physician. If pain or fever persists or gets worse, if new symptoms occur, or if redness or swelling is present, consult a physician. If you are pregnant or nursing a baby, seek the advice of a health professional before using this product.

**D KEEP THIS AND ALL MEDICINES OUT OF CHILDREN'S REACH.** In case of accidental overdose, contact a physician or poison control center immediately.



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## MARK IT UP

Read the medicine label to help you answer these questions.

1. Circle the conditions or illnesses the medicine can be used to treat.
2. How many tablets can be safely taken in one day? \_\_\_\_\_
3. Who should not take the tablets at all? \_\_\_\_\_
4. What should you do if the pain gets worse after taking the tablets? \_\_\_\_\_
5. Draw an arrow that points to the warning about young children. What should be done if a child takes a handful of the tablets? \_\_\_\_\_
6. **ASSESSMENT PRACTICE** How often should the tablets be taken?
  - A. every 4 to 6 hours
  - B. every 8 hours
  - C. every 12 hours
  - D. every 24 hours