MEASURE IT CORRECTLY

To get an exact measurement, it is important to only use the dosing device that is provided with the medicine. The Drug Facts label tells you how much medicine you should take based on your weight and/or age. Take only one medicine with the same kind of active ingredient at a time.

ASK FOR HELP

Always talk with a parent or trusted adult to learn more about the responsible use of all medicines. Other resources include doctors, nurses, and pharmacists as well as your local poison control center.

On average, America’s poison control centers manage almost 650,000 medicine exposure cases involving children, tweens, and teens!

Poison Help 1-800-222-1222

DID YOU KNOW?

Poison control centers are staffed with experts, including doctors, nurses, and pharmacists who can help answer questions about medicines or can provide help over the phone if you come in contact with a poison. Calls are free and private.

FACT

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

QUESTIONS OR COMMENTS?

Call the company if you have questions about a specific medicine.

INACTIVE INGREDIENTS

Ingredients not intended to treat your symptoms (e.g., preservatives, flavorings).

DIRECTIONS

Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.

WARNINGS

Safety information, including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time.

OTHER INFORMATION

How to store the medicine.

ACTIVE INGREDIENTS

The ingredients in the medicine that make it work.

USING THE LABEL

The Drug Facts label helps you understand the medicines that you take and how to take them safely. All medicines should be taken with the direct supervision of a parent or trusted adult.

FACT

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

This is not an actual Drug Facts label.