**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.

**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, pharmacists as well as your local poison center.

In 2013, America’s poison centers managed over 250,000 exposure cases involving children ages 6 to 19. Over 50 percent of these cases involved medication errors and misuse.

Did you know that poison centers are staffed with experts, including doctors, nurses, pharmacists, and toxicologists, who can help answer general questions about medicines or can provide help over the phone if you come in contact with a poison? Save the Poison Help number: 1-800-222-1222, in your phone.

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