

Keeping Safe around Medicines



I am learning how to keep myself safe

I know that medicines are a type of drug.

I know that medicines should be given to me by an adult.

I know that medicines are labeled with instructions.

I understand that medicines need to be used and stored safely.



What Are Drugs?

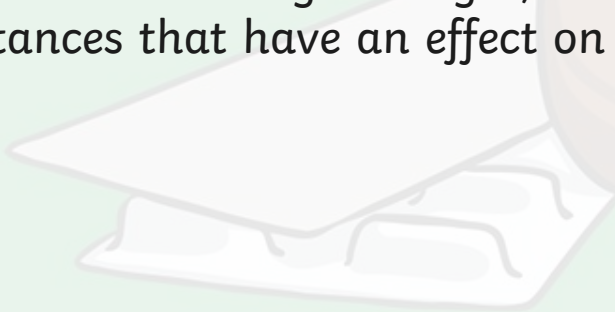
Do we know what drugs are?

Are all drugs illegal?

Have you ever had to take drugs?



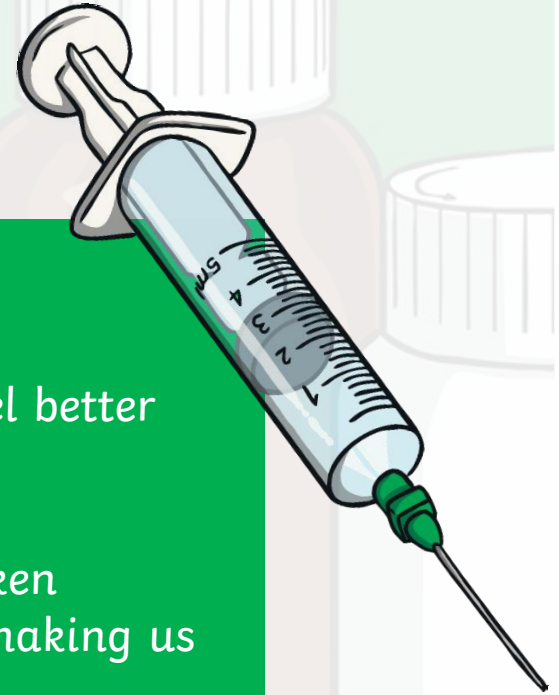
The answer is likely to be yes, as all medicines are drugs. Drugs are substances that have an effect on your body when we take them.



Medicine



- Medicines are legal drugs.
- Medicines can help us to feel better when we are not well.
- However, if they are not taken properly, they can end up making us feel worse.



When Do I Need Medicine?

Can you think of a time that you might need medicine?



When you have a cough

When you have a sore throat



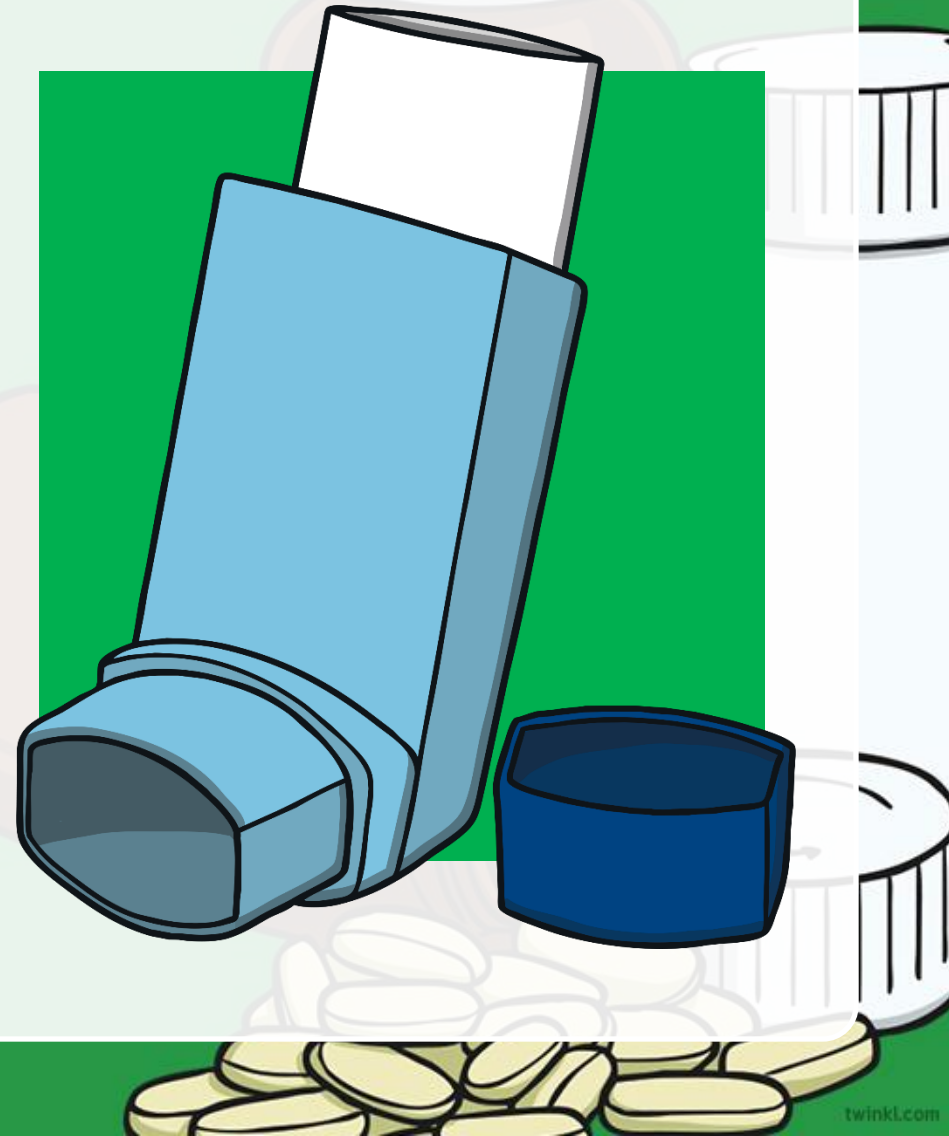
When you have a sore ear

When you have a sore tummy



Regular Medicine

- Most of the time we take medicine for a short while until our symptoms have gone and we feel better.
- However, some children and adults need to take medicine daily.
- Can you think of anyone you know who might need regular medicine?



How Can We Identify Medicine?

- Medicine will **always** be clearly labeled.
- Medicine can come in liquid or tablet form.
- The packaging is plain (not like sweets) and often shows a picture of what's inside or what part of the body it can help.
- Instructions for how the medicine should be stored and given will be on the packet and more information will be inside.



Who Should Give You Medicine?



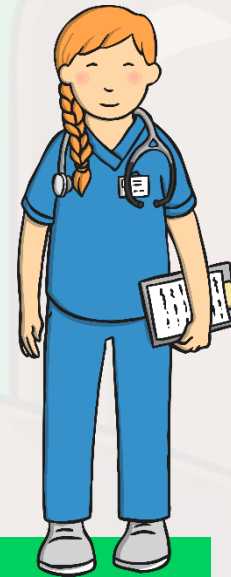
The doctor



Your mum
or dad



Your
grandparents



A nurse



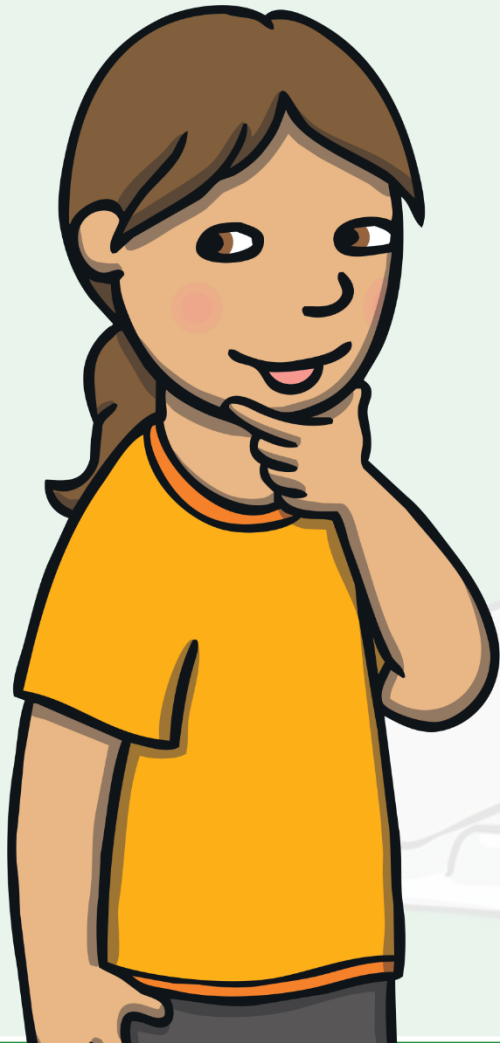
A grown-up
that you
trust

Where Should We Keep Medicine?

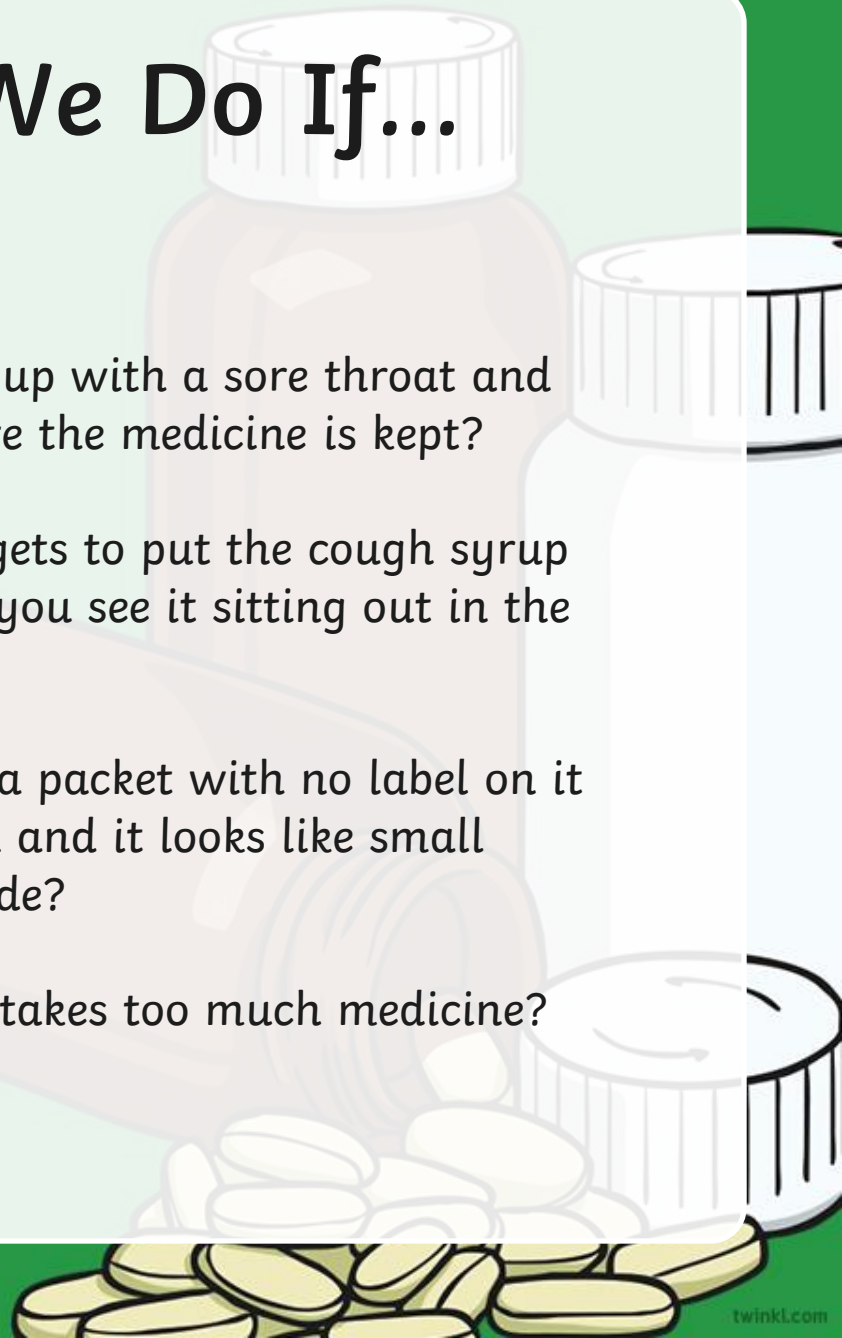
- Where does your family keep medicine at home?
- Can you think of a safe place to store medicine?
- Medicines should always be put out of sight and reach.



What Should We Do If...



- ...we wake up with a sore throat and know where the medicine is kept?
- ...Mum forgets to put the cough syrup away and you see it sitting out in the kitchen?
- ...you find a packet with no label on it at the park and it looks like small sweets inside?
- ...someone takes too much medicine?



Plenary

Write down three golden rules for keeping safe around medicines.





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