

What are over-the-counter (OTC) medicines?

OTCs are medicines that are available to consumers without a prescription.

There are approximately 800 OTC active ingredients available today that constitute over 100,000 OTC products in the healthcare marketplace. They are sold in a variety of outlets such as pharmacies, grocery stores, convenience stores, mass merchandise retailers, etc.

OTCs are used by millions of consumers each year to treat a wide range of health ailments such as coughs and colds, backaches, and heartburn. OTC medicines should not be confused with dietary supplements (vitamins, minerals, herbals, and botanicals).

In case of an emergency  
Call:

911

Know your medicine!



Be informed!

OVER-THE-COUNTER  
MEDICATIONS  
FOR  
KIDS



Developed By:

- George Chua, RN
- Maria Susan Jaca, RN
- Rubispeare Ramos, RN
- Wilma Sandoval, RN
- Concepcion Santos, RN



**Drug Facts**

**Active ingredient (in each tablet)** Purpose  
Chlorpheniramine maleate 2 mg ..... Antihistamine

**Uses** temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:  
■ sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

**Warnings**

**Ask a doctor before use if you have**  
■ glaucoma ■ a breathing problem such as emphysema or chronic bronchitis  
■ trouble urinating due to an enlarged prostate gland

**Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives**

**When using this product**

■ You may get drowsy ■ avoid alcoholic drinks  
■ alcohol, sedatives, and tranquilizers may increase drowsiness  
■ be careful when driving a motor vehicle or operating machinery  
■ excitability may occur, especially in children

**If pregnant or breast-feeding**, ask a health professional before use.  
**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away.

**Directions**

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

**Other information** store at 20-25° C (68-77° F) ■ protect from excessive moisture

**Inactive ingredients** D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Child's Information

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Weight: \_\_\_\_\_

Mom's Name: \_\_\_\_\_

Dad's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

# INSTRUCTIONS

Medicine: \_\_\_\_\_

For: \_\_\_\_\_

Dosage: \_\_\_\_\_

Time(s) to drink: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Before Meals
- After Meals
- With food

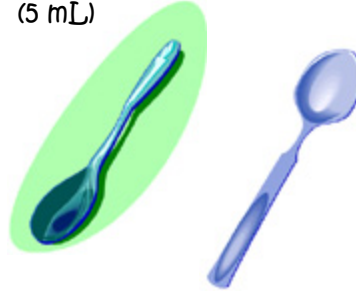
Start Date: \_\_\_\_\_



Date to Finish: \_\_\_\_\_



Teaspoon (5 mL)



Tablespoon (15 mL)



Syrup



Medicine Dropper



Medicine Cup



Tablet

# WARNINGS

- 1) Always read and follow the DRUG FACTS label on your OTC medicine.
- 2) Keep medicine out of reach of children.
- 3) Store all medicine in a safe place.
- 4) Use an appropriate measuring tool.
- 5) Check the medicine three times.
- 6) Call physician/pharmacist with questions.
- 7) Know the "active ingredients" in your child's medicine.