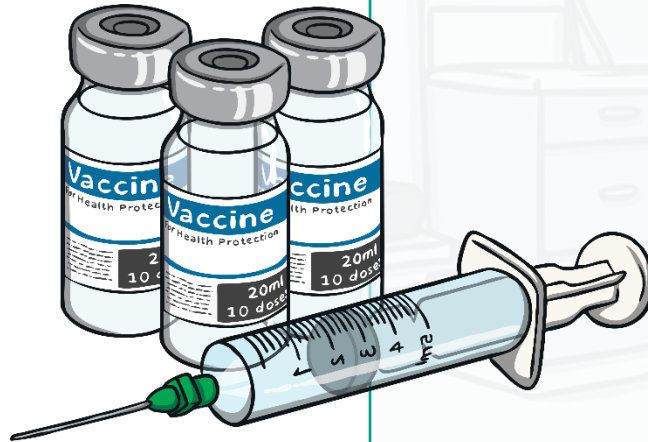


# Being Safe around Medicines



# What Is a Medicine?

A medicine is something you take if you aren't feeling well. Medicines can make us feel better. Medicines can be liquids in bottles, small things called tablets or creams and lotions.



Talk  
about it

Have you ever  
taken medicine?  
Why did you  
take it?

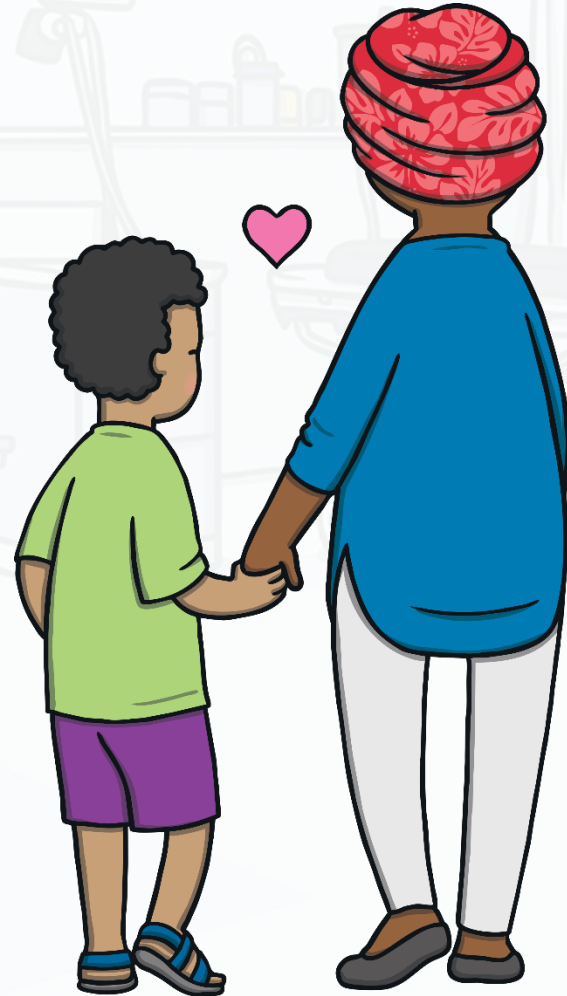
Although medicines can make us feel better, sometimes they can make us very ill. If we take too much medicine, take the wrong kind or take it when we don't need it, we might get sick.

There are lots of ways we can make sure we are safe around medicines.

# Grown-Ups

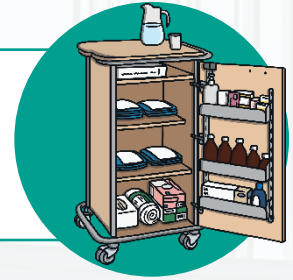
The most important way to stay safe around medicines is to know that children should never take, or even touch, medicines by themselves.

A grown-up like your mum, dad or carer or a doctor will know if you need medicine. They will know what medicine you need, how much you need to take and when you should take it.

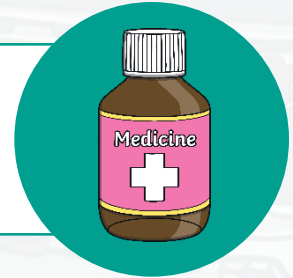


# Safety

There are other ways to make sure we are safe around medicine.



Medicines should be kept in a cupboard that children can't reach.



Lots of medicine bottles have special lids that are difficult to open. Grown-ups need to make sure they tightly close this lid after each use and put the medicine back out of reach.

It is also important that grown-ups keep the medicine in the bottle it came in. This way, they will always know what the medicine is and the medicine will have the special lid.

# What Should She Do?

Layla was in her kitchen when she noticed something on the table. They looked like sweets. Layla remembered that her daddy had promised to buy her some sweeties.

Layla should tell her daddy what she has seen in the kitchen. Some medicines look like sweets and Layla has no way of knowing what is on the table. Layla's daddy will be able to tell her whether they are sweets or not.

Talk  
about it

What should Layla do?



# What Should He Do?

Ty had a really bad headache. When he had a headache before, his mum gave him some medicine. Ty's mum was on the phone so he couldn't ask her. He knows exactly how much medicine he took last time.

Ty shouldn't take the medicine. While his mum is busy, he could have a glass of water. Sometimes when we have a bad head, it's because we haven't been drinking enough. He could try lying down with his eyes closed. Once his mum has finished on the phone, Ty should tell his mum about his bad head.

Talk  
about it

What should Ty do?



# What Should She Do?

Tara's little sister hadn't been feeling very well. The doctor had given Tara's mummy medicine to help. One day, Tara noticed that her mummy hadn't put the lid back on the bottle or put it back in the medicine cupboard. Tara thinks she knows how to put the lid back on. She also thinks she could reach the cupboard to put the medicine back.

Tara should tell her mummy that the medicine has been left out. Although Tara might be able to put it away herself, only grown-ups should touch medicines.

Talk  
about it

What should Tara do?



# What Should He Do?

Jack was having dinner at his friend Anton's house. Jack had a sore throat and wasn't feeling very well.

"I know," said Anton. "When I had a sore throat last week, the doctor gave me some medicine. There's still some left. Why don't you have some? It made my sore throat go away."

Jack shouldn't take any of Anton's medicine. When doctors give someone medicine, it should only be taken by that person. Jack should tell his mum about the sore throat. She can then take Jack to the doctors.

Talk  
about it

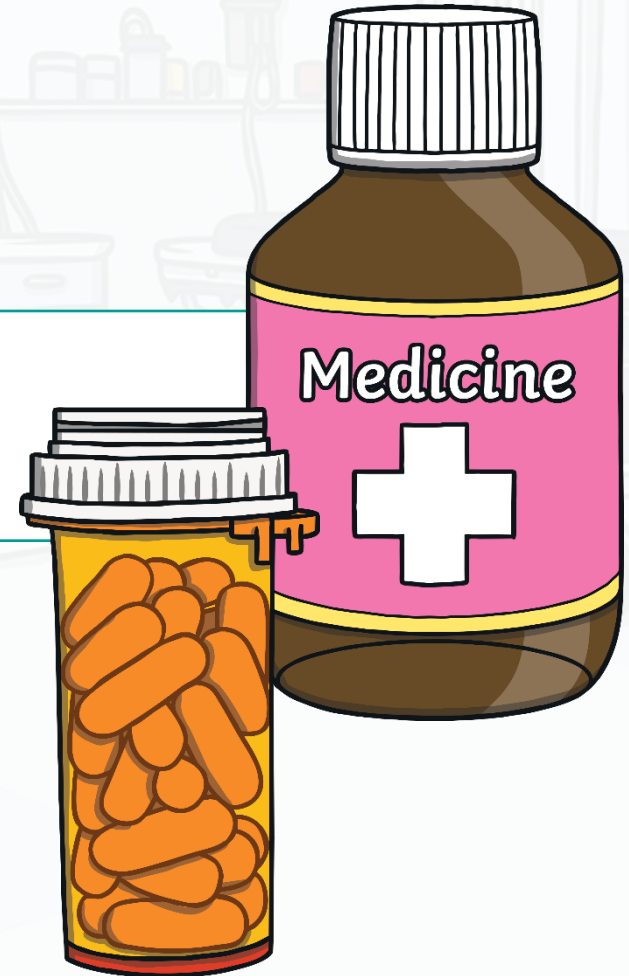
What should Jack do?

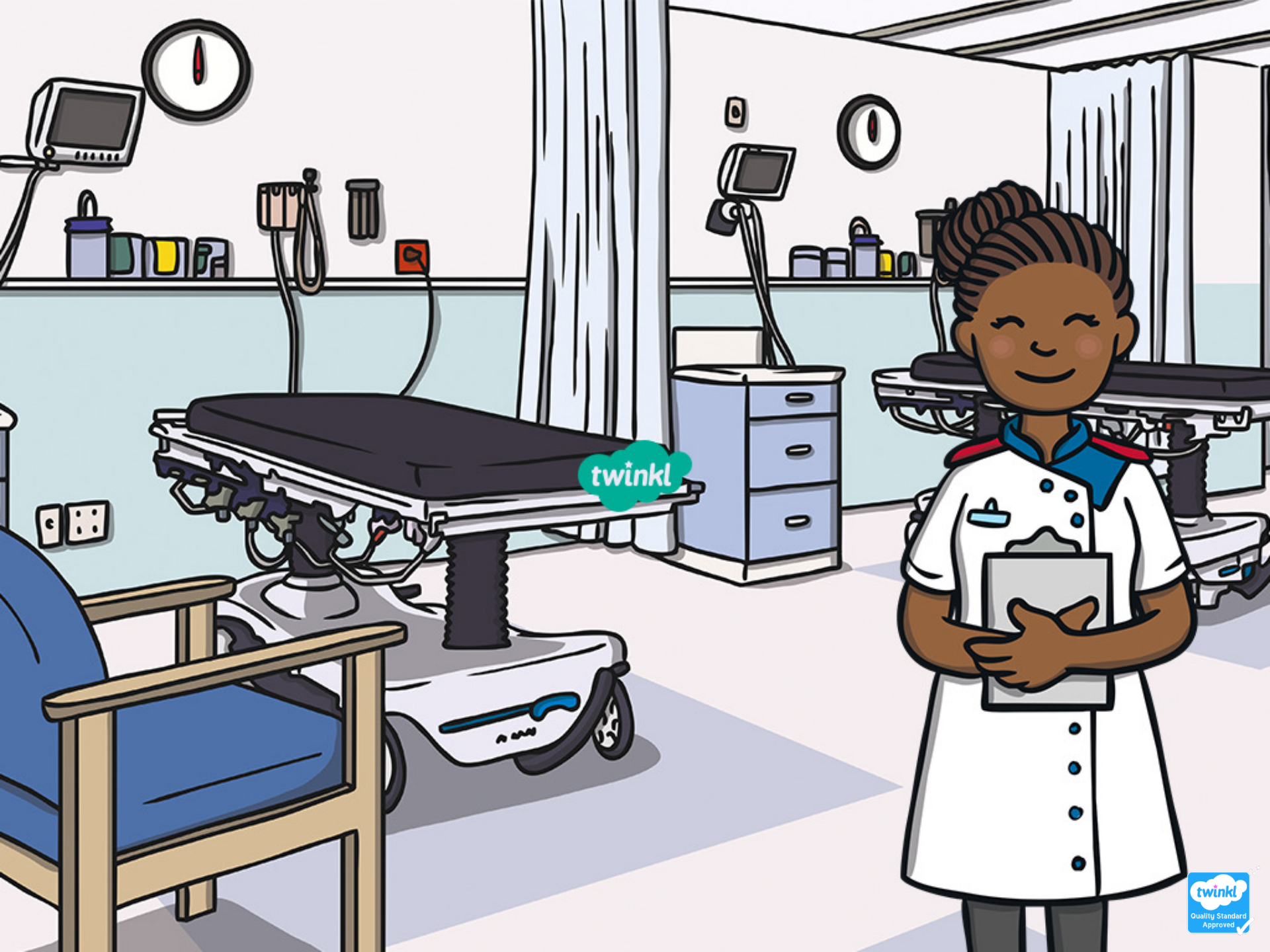


# What Have We Learnt?

Talk  
about it!

Talk about what you have learnt about being safe around medicines.





twinkl