

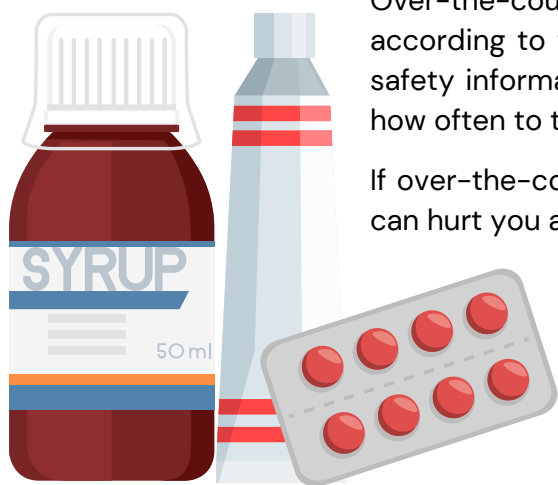
OTC MEDICINE SAFETY & TEENS

What you need to know

Over-the-Counter Medicine

Over-the-counter medicine can help treat a variety of symptoms including pain, coughs and colds, diarrhea, acne and others. Over-the-counter medicines are those that can be sold directly to people without a prescription. Tylenol®, Advil®, Midol®, Benadryl®, and Robitussin® are a few examples of over-the-counter medicine you might see at a drugstore or in your medicine cabinet at home. This type of medicine may be a pill, liquid, cream, nasal spray or come in another form. Over-the-counter medicine contains active ingredients that are chemicals that have an effect on the body and make the medicine work.

Take OTC medicine exactly as directed by the instructions on the package



Over-the-counter medicines are safe and effective when used as directed according to the instructions on the package. The instructions include important safety information about the active ingredients, how much medicine to take, and how often to take it.

If over-the-counter medicine is used in the wrong way or in the wrong amount, it can hurt you and lead to serious medical issues and in some cases, death.

It is not safe to crush pills, inject liquid medicine or swallow a large amount of medicine. It is not safe to mix medicines together. It is not safe to take multiple doses of the same type of medicine. Too much of a single active ingredient can be dangerous.

Take one type of medicine at a time and only as often as stated on the instructions, according to your age.

Talk with a trusted adult if you have questions or concerns

If you have questions about over-the-counter medicine, talk with a trusted adult, a parent, your doctor, a pharmacist, or call the poison center at **1-800-222-1222**. The poison center is free to you and open 24/7/365. A nurse or pharmacist will answer the phone and can answer your questions.

If you have concerns about substance use, your mental health, or are thinking about using medicine to hurt yourself, talk with a trusted adult, parent or school counselor. Call Oregon's crisis YouthLine (877-968-8491) or text teen2teen to 839863 for peer support. The national crisis hotline, 988 is also available to you anytime.

Call the poison center right away if you or a loved one has taken the wrong medicine, taken too much medicine or is having unwanted symptoms after taking medicine.

If the person is unconscious or not breathing call 9-1-1.



**POISON
HELP**
1-800-222-1222

PRESCRIPTION DRUG SAFETY & TEENS

What you need to know

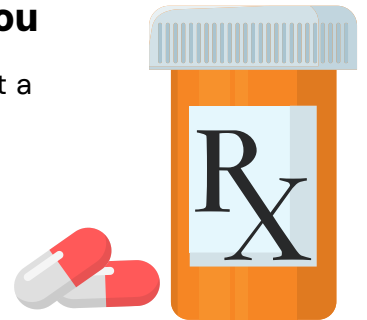
Prescription Drugs

Prescription drugs can be helpful in treating many illnesses and diseases like high blood pressure, severe pain, anxiety, depression, seizures, diabetes and cancer, among others. Prescription drugs are prescribed by a doctor, bought at a pharmacy, prescribed for and intended to be used by only one person, and are regulated by the U.S. Food and Drug Administration. Prescription drugs require a prescription because they are considered to be potentially harmful if not used under the supervision of a doctor.

Only take prescription drugs that have been prescribed to you

Medicine that is prescribed to you by a doctor is safe and effective when bought at a pharmacy and used exactly as prescribed by your doctor.

If prescription drugs are used in the wrong way, in the wrong amount, or by the wrong person, it can hurt you and lead to serious medical issues and in some cases, death. It is not safe to take someone else's prescription drugs even if it came from a doctor.



Drugs from the internet may be fake, contaminated and deadly



It is not safe to take drugs bought off the internet, through social media or from a friend. Pills obtained from these sources are meant to mimic prescription drugs like oxycodone but they are likely counterfeit, or fake drugs. Counterfeit drugs have been known to contain illicitly manufactured fentanyl or other harmful contaminants that may cause overdose or death.

It is nearly impossible to tell the difference between counterfeit pills and legitimate prescription drugs. A single pill with dangerous ingredients like illicit fentanyl can cause an overdose.

Questions or concerns? Help is available

If you have questions about prescription drugs, talk with a trusted adult, a parent, your pharmacist, your doctor, or call the poison center at **1-800-222-1222**. The poison center is free to you and open 24/7/365. A nurse or pharmacist will answer the phone.

If you have concerns about substance use, your mental health, or are thinking about using medicine to hurt yourself, talk with a trusted adult, parent or school counselor. Call Oregon's crisis YouthLine (877-968-8491) or text teen2teen to 839863 for peer support. The national crisis hotline, 988 is also available to you anytime.

Call the poison center right away if you or a loved one has taken the wrong medicine, taken too much medicine or is having unwanted symptoms after taking medicine or drugs. **If the person is unconscious or not breathing call 9-1-1.**

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