

# LESSON 3 The Drug Facts Label

**SCOUTStrong**

Be MedWise Award



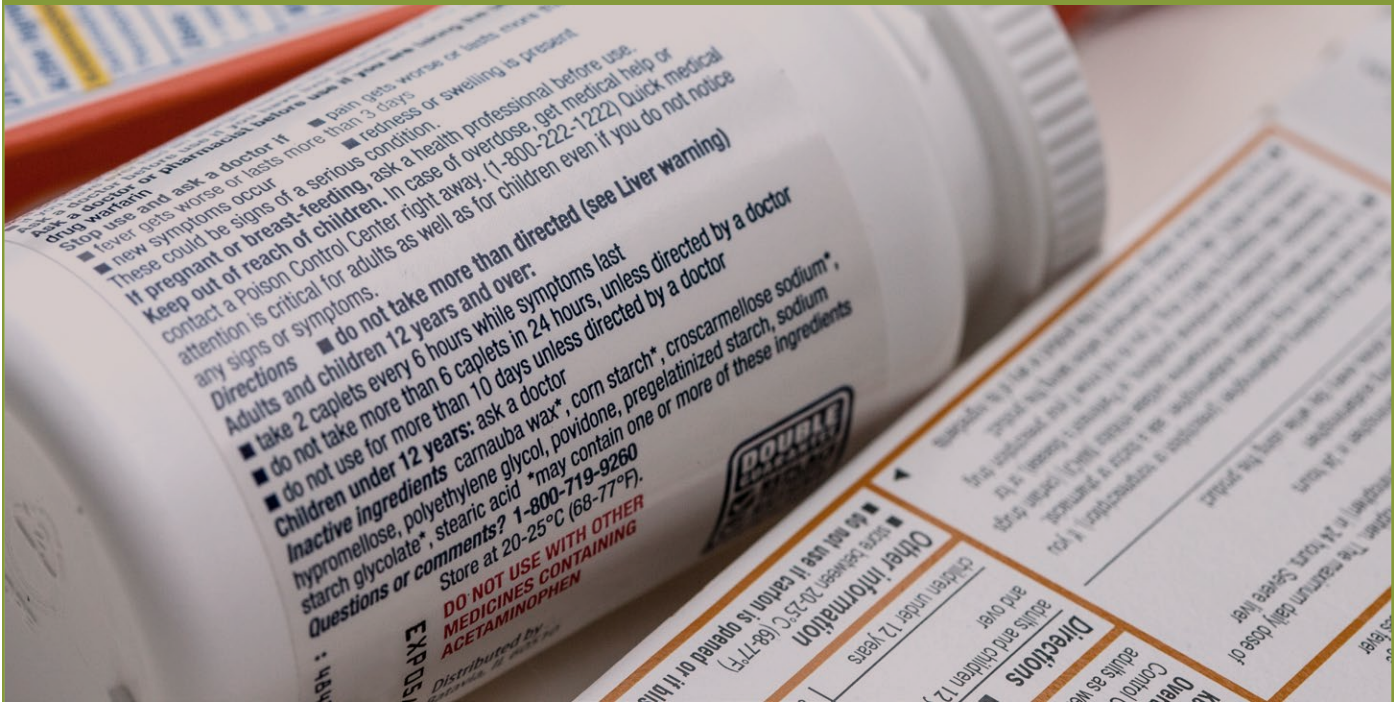
— **Being MedWise** —

Helps Us Use Over-the-Counter  
Medications Wisely



BOY SCOUTS OF AMERICA®

EDUCATE *before*  
**YOU MEDICATE**  
The NCPIC  
Coalition working  
together to promote  
safe medicine use  
National Council on Patient Information/ and Education  
[www.talkaboutrx.org](http://www.talkaboutrx.org)



## SCOUTStrong “Be MedWise” Award Overview

The Boy Scouts of America and the National Council on Patient Information and Education (NCPIE) developed the SCOUTStrong “Be MedWise” Award as an interactive way to educate members of the Boy Scouts program, the Venturing program and American youth in general about the benefits of over-the-counter (OTC) medicines and the harm that they can cause if they are misused.

This award is designed to compliment existing Boy Scout and Venturing programming. This award’s training curriculum consists of four lessons that could be reviewed at the start of a unit meeting, taking no more than 12 to 15 minutes each. The program is self-paced which allows the unit leader to determine how quickly it is completed.

**This curriculum has been prepared specifically for ages 11-17 and each lesson must be followed specifically as written.**

**LESSON 3 TIMING: 12-15 MIN**

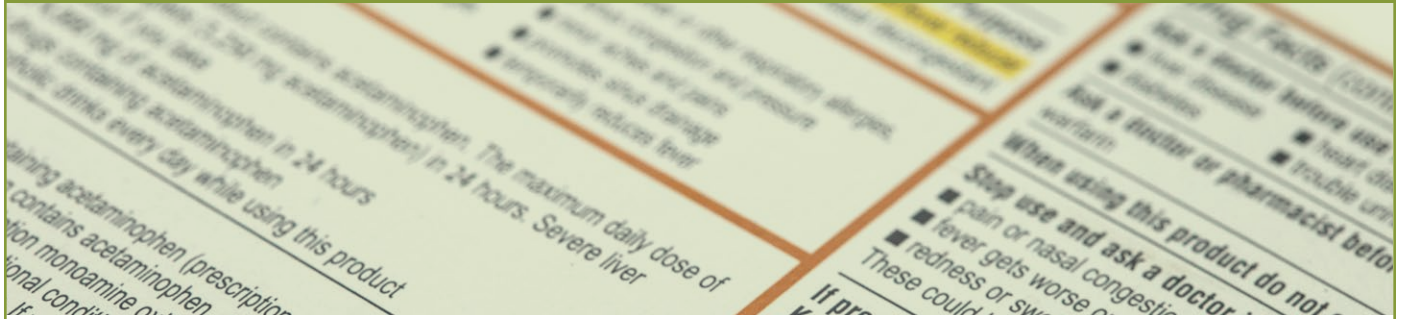
# THE DRUG FACTS LABEL

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## TEACHING POINTS/BACKGROUND INFORMATION:

The Drug Facts Label helps you choose and use over-the-counter (OTC) medicines correctly and safely. All medicines, even OTC medicines, can cause side effects (unwanted or unexpected effects). But if you follow the directions on the label, you can lower your chance of experiencing side effects. The Drug Facts label tells you:

- The ingredients in the medicine
- What the medicine is used for
- If the medicine is right for you and your problem
- If there are reasons to talk to your doctor first
- How to use the medicine



# WHAT IS ON A DRUG FACTS LABEL?

**Active ingredient/Purpose section** tells you about the ingredients in your medicine that makes it work—its name, what it does, and how much is in each pill or teaspoon.

**The Uses section** tells you the problems the medicine will treat.

**The Warnings section** tells you:

- When you should talk to your doctor first
- How the medicine might make you feel
- When you should stop using the medicine
- When you shouldn't use the medicine
- Things you shouldn't do while using the medicine

**The Directions section** tells you how to safely use the medicine:

- How much to use
- How to use it
- How often to use it (how many times per day/how many hours apart)
- How long you can use it

**The Other Information section** tells you how to store your medicine when you aren't using it.

**The Inactive Ingredients section** tells you about any ingredients in the medicine that aren't active ingredients; that is, ingredients that don't treat the problem. Inactive ingredients help form a pill, add flavor or color, or help the medicine last longer.

Based on the time available, the adult leader can choose to do one or both activities outlined below.

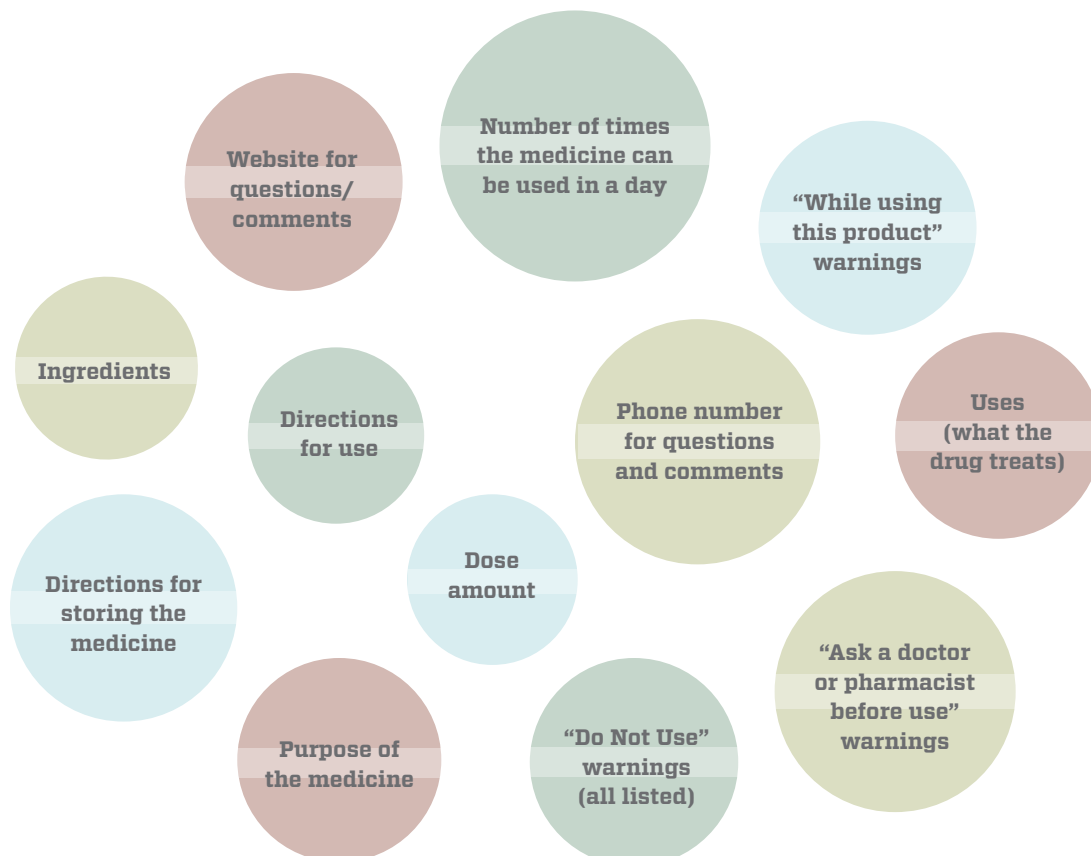


# Drug Facts Label

## ACTIVITY 1

The Adult Leader will download and hand out copies of the Lesson 3 - Activity 1 PDF located at [www.scouting.org/SCOUTStrong](http://www.scouting.org/SCOUTStrong) (click on the Be MedWise icon).

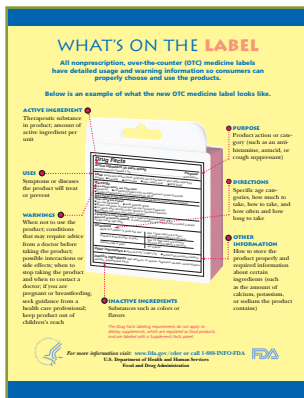
Per the diagram listed in Activity 1 (see below) the adult leader should ask the Scouts to circle the items that can be found on the label of an OTC medicine. **NOTE TO ADULT LEADER:** All of the items below can be found on the Drug Facts label of an OTC medicine.





# Drug Facts Label

## ACTIVITY 2



The Adult Leader hands out the “What’s On the Label” fact sheet. Copies of it, Lesson 3 - Activity 2\_ Whats On the Label PDF, are located at [www.scouting.org/SCOUTStrong](http://www.scouting.org/SCOUTStrong) (click on the Be MedWise icon)

The Adult Leader asks participants to divide into small groups and have each group come up with three reasons why it is important to read all the information on the Drug Facts label. Each group chooses a group spokesman to report their reasons. Examples of correct answers include the following.

### SO THAT YOU KNOW AND UNDERSTAND:

- What the active ingredient(s) is in your medicine
- What the medicine treats
- How much medicine is in a pill or teaspoon
- When you should not use a medicine at all
- When you should talk to your doctor or pharmacist before using a medicine
- How a medicine might make you feel when using it
- When you should stop using a medicine
- Things you should not do while taking a medicine
- That medicines should be kept out of reach of children
- How much medicine to use
- How often to use the medicine
- How to store a medicine when you are not using it
- The inactive ingredients in the medicine
- How to contact the company that made the medicine if you have questions or need more information



This is the Information That the Scouts Should Have Learned from Lesson 3 - The Drug Facts Label

- ✿ Why is reading the Drug Facts label important?
- ✿ What information is on the label?



### About NCPIE

Organized in 1982, the National Council on Patient Information and Education (NCPIE) is a nonprofit coalition of diverse organizations committed to promoting the wise use of medicines for better health through trusted communication. NCPIE works to address critical safe medicine use issues such as adherence improvement, prescription drug abuse prevention, reduction of medication errors, and quality improvements in health care provider-patient communication. For more information, visit [www.BeMedWise.org](http://www.BeMedWise.org)



**Prepared. For Life.®**

### About the Boy Scouts of America

The Boy Scouts of America provides the nation's foremost youth program of character development and values-based leadership training, which helps young people be "Prepared. For Life." The Scouting organization is composed of 2.6 million youth members between the ages of 7 and 21 and more than a million volunteers in local councils throughout the United States and its territories. For more information on the Boy Scouts of America, please visit [www.scouting.org](http://www.scouting.org)



### About the SCOUTStrong Healthy Living Initiative

The SCOUTStrong® Healthy Living Initiative is a Boy Scouts of America initiative that integrates active lifestyles, healthy eating, and emotional fitness into everything that the BSA does through alliances, campaigns, and updated programs.



### About the SCOUTStrong Be MedWise Patch

In many other cultures, owls represent wisdom and knowledge because their night-time vigilance is associated with that of the studious scholar or wise elder. The owl in the Be MedWise patch is shown clutching a shield with a medicine pill on it. This is meant to represent the knowledge needed to make wise and safe choices in medicating with over-the-counter medicines.