

U.S. Food & Drug Administration

Student Guide

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Introduction to the Program



Welcome to the Medicines in My Home program. This program teaches you about over-the-counter medicines and how to use them properly. People often use over-the-counter, or OTC, medicines to treat or prevent symptoms and problems, such as headaches, fevers, stuffy noses, coughs, upset stomachs, chapped lips, and allergies.

Your guides through this program are the narrator and the Medicines in My Home family. They will introduce you to the *Drug Facts* label and show you how to read each section so that you and your family will know how to select the best medicines. As you will see, knowing how to read and use the *Drug Facts* label on over-the-counter medicines is very important.

System Requirements and Screen Resolution

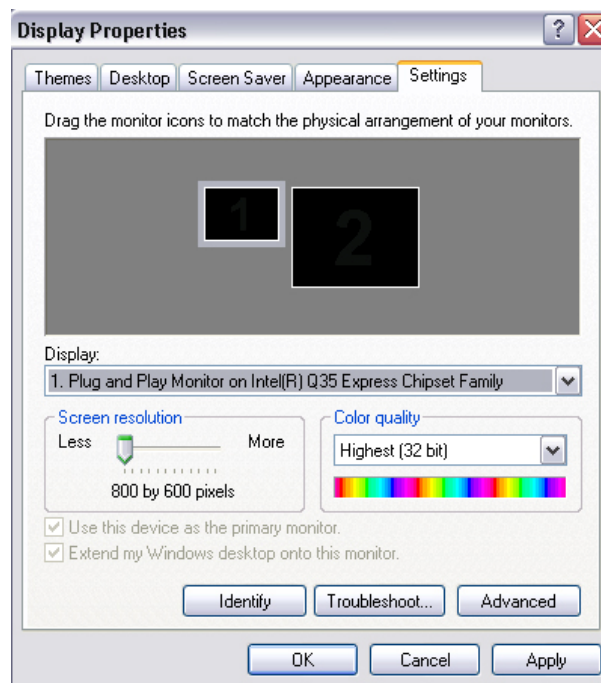
System Requirements

There are specific plug-ins and browsers required in order to use the Medicines in My Home program. You will want to ensure that your system has the following programs:

- **Internet Explorer:**
<http://www.microsoft.com/windows/downloads/ie>
- **Firefox:**
<http://www.mozilla.com/en-US/firefox/ie.html>
- **Flash player:**
<http://www.adobe.com/products/flashplayer>
- **Java:**
<http://www.java.com/en/download/manual.jsp>

Screen Resolution

To view this course full screen, you will need to set your screen resolution to 800x600. This can be accomplished by accessing the Display Properties within the Control Panel. Under the Settings tab, set your screen resolution to 800 by 600 pixels.



Buttons and Navigation Controls

There are a number of navigation controls for this program. Starting in the upper left corner of the screen, and moving clockwise, they are the FDA logo button, the Floor Plan button, the Medicines in My Home logo button, the CDERLearn Home button, the Turn Captions On/Off button, and the navigation buttons in the lower left corner of the screen. Each button is described in greater detail on the following pages.



Buttons and Navigation Controls, continued

Here are the buttons for this program in greater detail. The navigation controls are presented on the next page.



The FDA Logo Button

The FDA logo button, in the top left corner of the screen, is linked to the FDA web site. Select this button to open the FDA web site in a separate window.



The Floor Plan Button

Use the Floor Plan button, located in the top center of the screen, to open a floor plan of the Medicines in My Home house. From the Floor Plan screen, you can select a room to go to. If, at any time during the program, you want to go to another room, select the Floor Plan button, and select the room you want to go to.



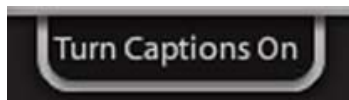
The Medicines in My Home Logo Button

The Medicines in My Home logo button, in the top right corner of the screen, is linked to the Medicines in My Home web site. Select this button to open the FDA's Medicines in My Home web page in a separate window.



The CDERLearn Home Button

Use this button to open the FDA's Center for Drug Evaluation and Research, or CDERLearn, web page in a separate window.



The Turn Captions On/Off Button

Captions display in sync with the conversations between the characters, as well as the scene, image, and sound descriptions in certain areas. Captions also tell you when to use the Next button. Captions appear when the program starts, but you can turn them off whenever you want by selecting the Turn Captions Off button.

Buttons and Navigation Controls, continued

The navigation controls for this program are the four buttons in the bottom left corner of the screen. Starting at the top and moving clockwise, the four buttons are Menu, Next, Play/Pause, and Back.



The Menu Button

Use the Menu button to access the contents of the program or to exit the program. This button also has a list of shortcut keys for learners who need to use keyboard navigation or screen readers in order to complete the program.



The Next Button

Use the Next button to move forward through the program. This button will flash when you should move to the next page.



The Play/Pause Button

Use the Play/Pause button to play or pause the program.



The Back Button

Use the Back button to go back to screens that you've already seen.

Medicines in My Home Characters

There are five characters that you will get to know during the Medicines in My Home program. They are listed below.



The Narrator

The Narrator introduces you to the Medicines in My Home family and takes you through this program.



The Medicines in My Home Family

The Medicines in My Home family consists of (from left to right) Ilene, Mom, Matt, and Pops.

The Rooms of the Home

In this program, you and the narrator meet the Medicines in My Home family. The family takes you through five rooms of their house and talks with you about the *Drug Facts* label found on over-the-counter medicines. You can see how a family makes choices and how they use over-the-counter medicines. You are also able to participate in activities.

Visit any room at any time, but it is suggested that you move from room to room in the order of the program.



The Rooms of the Home – The Foyer

In the foyer, you meet the Medicines in My Home family. Here you learn that medicines and drugs are the same thing, and they are used to treat diseases, as well as common symptoms or problems, like a runny nose or a headache. You also learn the difference between medicines that need a doctor's order or prescription (prescription medicines) and those that do not require a prescription (over-the-counter, or OTC medicines). You can practice telling the difference between prescription and over-the-counter medicines.

You also learn that all over-the-counter medicines have a *Drug Facts* label. The *Drug Facts* label has different sections, including the Purpose, Use, Active Ingredient, Warnings, Directions, Other, Inactive Ingredients, and Questions sections.

Training - Windows Internet Explorer

FDA

The Foyer
3 of 12

Medicines in My Home

Floor Plan

A medicine

- Changes the way your body works.
- Treats or prevents a disease.
- Treats or prevents a symptom or problem.

12

Turn Captions On

CDERLearn Home

The Rooms of the Home – The Living Room

In the living room you learn why it is important to read the *Drug Facts* label every time you use an over-the-counter medicine. You are introduced to the Purpose and Use sections of the *Drug Facts* label. The purpose of any drug is to do whatever the active ingredient is supposed to do. For example, a drug with the active ingredient ibuprofen has a purpose of reducing fever and relieving pain. The Use section explains what symptoms or problems the drug will treat or prevent, such as “Temporarily reduces fever,” or “Temporarily relieves minor aches and pains.”

The Purpose and Use sections help you select a medicine that will help treat your symptom or problem.

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FDA

The Living Room
3 of 10 Medicines in My Home

Floor Plan

Purpose and Use Sections, cont.

Active ingredients
+ Inactive ingredients
Medicine

The name the company gives the medicine = brand or trade name.
The name of each active ingredient = generic name.

The *Active Ingredient/Purpose* section tells you:

- ◆ *Active ingredient* - the part of your medicine that makes it work.
- ◆ *Purpose* - what the active ingredient does, its job.

Turn Captions On

CDERLearn Home

The Rooms of the Home – The Kitchen

In the kitchen, you learn about the Active Ingredient Section of the *Drug Facts* label. The active ingredient is the part of the medicine that makes it work. All medicines have at least one active ingredient, and many have more than one. The Active Ingredient section tells you how much of each active ingredient is in each dose of the medicine.

Here in the kitchen, you can practice selecting medicines with the correct active ingredients. You also learn why it is important to choose medicines with the correct active ingredients for your symptoms or problem. Using a medicine with the wrong active ingredients won't treat your symptoms or problem, and could even cause harmful or unwanted side effects.

Training - Windows Internet Explorer

FDA The Kitchen 10 of 20 Medicines in My Home

Floor Plan

Chlorpheniramine maleate and phenylephrine tablets

Drug Facts

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 4 mg.....	Antihistamine
Phenylephrine HCl 10 mg.....	Nasal decongestant

Uses

temporarily relieves these symptoms due to hay fever (allergic rhinitis) or other upper respiratory allergies:

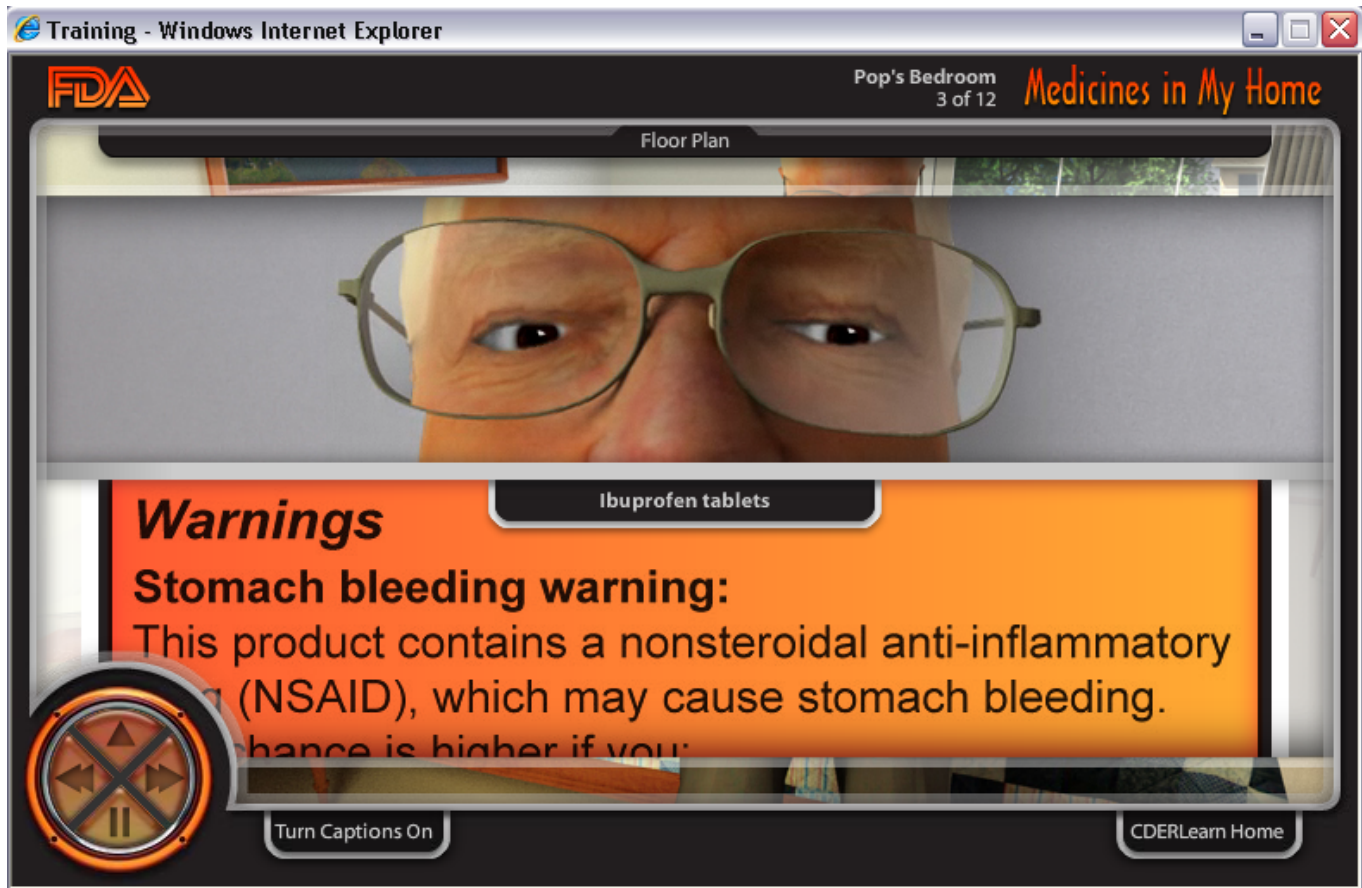
- sneezing
- runny nose
- itchy, watery eyes
- nasal congestion
- sore throat or dryness of the nose or throat
- sinus congestion and pressure

Turn Captions On CDERLearn Home

The Rooms of the Home – Pops’ Room

In Pops’ bedroom, you learn about the Warnings section of the *Drug Facts* label, and why it is important to read the warnings listed. The Warnings section tells you how the medicine will make you feel, side effects you might get, and when not to use or stop using the medicine. The Warnings section also tells you when you might need to talk to a doctor or pharmacist.

While in Pops’ room, you can practice reading the Warnings section of a *Drug Facts* label.

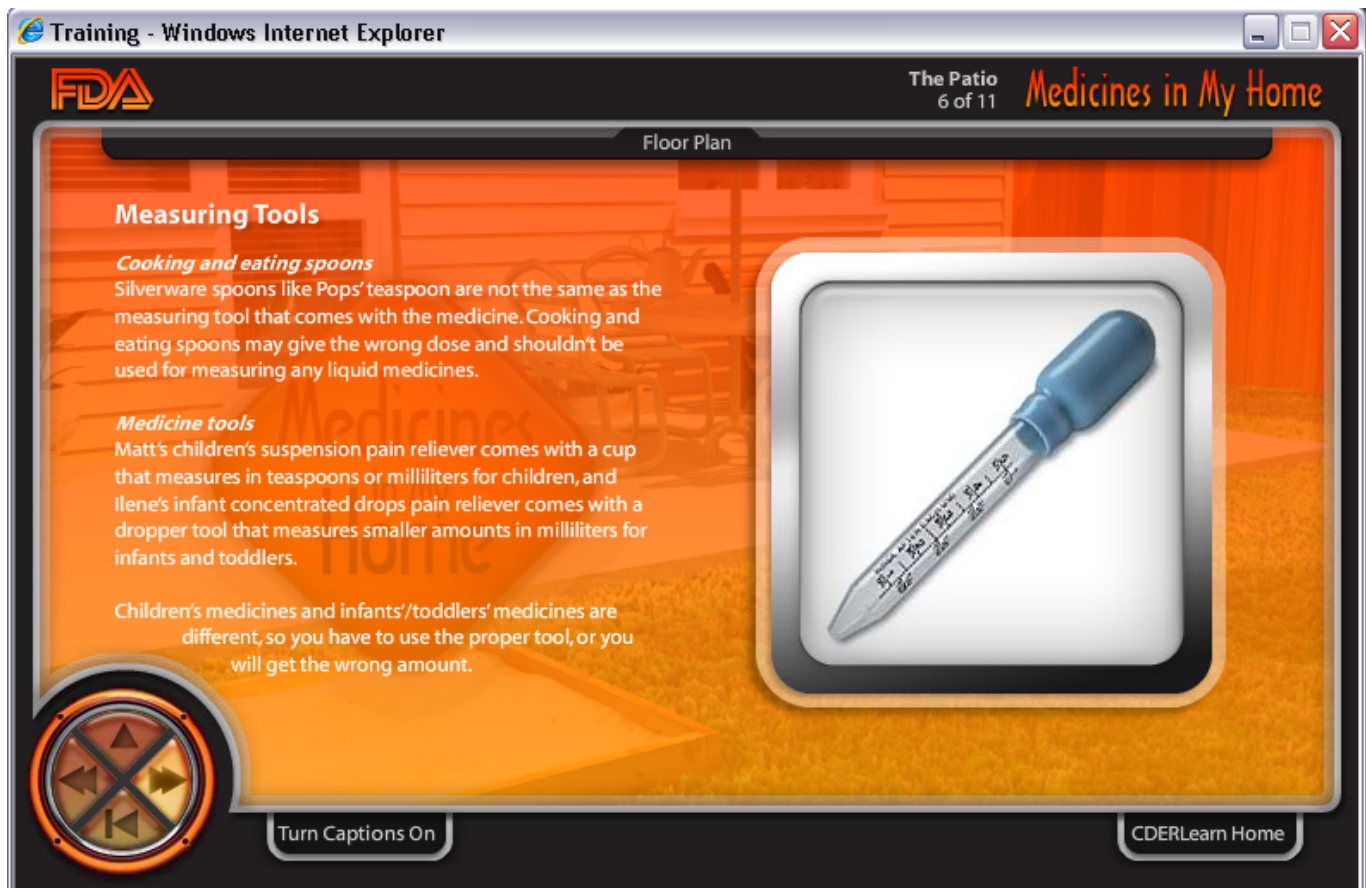


The screenshot shows a Windows Internet Explorer browser window titled "Training - Windows Internet Explorer". The page content includes the FDA logo, the text "Pop's Bedroom 3 of 12", and "Medicines in My Home". A "Floor Plan" tab is visible. The main content area features a video player showing a close-up of an elderly man with glasses. Overlaid on the video is a yellow warning box with the text: "Warnings", "Ibuprofen tablets", "Stomach bleeding warning:", and "This product contains a nonsteroidal anti-inflammatory (NSAID), which may cause stomach bleeding. The risk of stomach bleeding is higher if you:". In the bottom left corner of the video player is a circular navigation control with a play/pause button. In the bottom right corner, there are two buttons: "Turn Captions On" and "CDERLearn Home".

The Rooms of the Home – The Patio

On the patio, you learn about the Directions section, as well as the Other, Inactive Ingredients, and Question sections of the *Drug Facts* label. The Directions section tells you how to use the medicine, how much to use, how often to use it, and how long you can use it. The Directions section also gives you the dosing recommendation for the medicine, usually based on age and weight. On the patio, you can practice correct dosing.

The Other section tells you other things you might need to know, like how to store your medicine when you are not using it. Remember, “Locked and high, cool and dry!” The Inactive Ingredients section tells you the parts of the medicine that are not the active ingredients, such as flavors, colors, binders, and other ingredients that help form the medicine. Lastly, the Questions section has a telephone number to call if you have questions, or want to report a problem with the medicine.



Training - Windows Internet Explorer

FDA

The Patio
6 of 11

Medicines in My Home


Floor Plan

Measuring Tools

Cooking and eating spoons
Silverware spoons like Pops' teaspoon are not the same as the measuring tool that comes with the medicine. Cooking and eating spoons may give the wrong dose and shouldn't be used for measuring any liquid medicines.

Medicine tools
Matt's children's suspension pain reliever comes with a cup that measures in teaspoons or milliliters for children, and Ilene's infant concentrated drops pain reliever comes with a dropper tool that measures smaller amounts in milliliters for infants and toddlers.

Children's medicines and infants'/toddlers' medicines are different, so you have to use the proper tool, or you will get the wrong amount.



Turn Captions On

CDERLearn Home

Home Materials

Here are some other resources that you can use at home to learn more about over-the-counter medicines and drug safety.



- **Medicines in My Home: Information for Students on the Safe Use of Over-the-Counter Medicines**
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM200802.pdf>
- **Medicines in My Home: Home Project**
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM175847.pdf>
- **All About Me**
<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM175849.pdf>