

USEFUL WEBSITES AND PHONE NUMBERS

Poisons Centre phone number: 0800 poison / 0800 764 766
 Healthline incorporating the Well Child line: 0800 611 116 has a Registered Nurse available for advice 24 hours a day

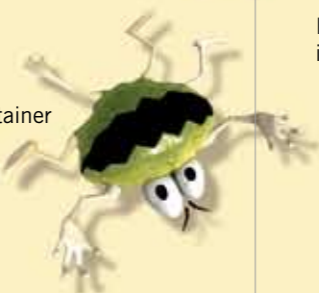
www.medsafe.govt.nz
 www.plunket.org.nz
 www.healthed.govt.nz

USING ALL MEDICINES SAFELY

- Use the medicine only for the person whose name is on the label.
- Read any information which comes with the medicine.
- Double check the label before giving medicine.
- Do not call children's medicines sweets or lollies.
- A teaspoon is not the same measure as a 5 ml medicine spoon.
- Ask your Pharmacist about disposing of unwanted medicines.
- Don't give aspirin to children under 12yrs.
- Avoid giving aspirin during a viral illness to under 19's unless supervised by a GP.

STORING MEDICINES SAFELY

- Store medicines
- in a cool dry place, unless label instructions are different
 - ideally in a locked cupboard otherwise out of the sight and reach of children
 - in their original container
- Check that the cap is tightly screwed on.
- To prevent accidental poisoning
- Never store medicines in a food or drink container
 - Never dispose of medicines in the rubbish



TAKING ANTIBIOTIC MEDICINES

- Read the label every time you give/take the medicine.
- Double check
- who the medicine is for
 - when to use it
 - how much to use
 - how to use it
 - how long to use it for
- Shake liquid medicine well before each dose.
- Use a proper medicine measure
- a dropper or syringe for a baby
 - a cylindrical dosing spoon for a child
 - a measuring spoon or medicine measure for an adult
- Use a different measure for each person to prevent cross-infection and wash it after use.
- To check a child resistant lid, twist back one turn after closing.
- Use the medicine only for the person whose name is on the label.
- It is important to complete the full course of treatment even if the infection seems to get better.

REMEMBER... TAKE THE LOT, NO MATTER WHAT!

ASK YOUR PHARMACIST TO...

- advise on disposing of unwanted/expired medicines
- tell you anything you want to know about medicines
- advise about any reactions to medicines you experience
- advise on the safe storage of your family's medicines
- supply a proper medicine measure if required



FREE BUG POSTER INSIDE

PHARMAC
 Pharmaceutical Management Agency

PHARMAC would like to thank the Pharmacy Guild for the copy for this leaflet.



PHARMACY GUILD OF NEW ZEALAND INC

(Anti-B_cons_broc_5/07)
 PHAB007 07/05

TIPS FOR GIVING MEDICINE TO CHILDREN

- a rash, itching, swelling or breathing difficulties develop
- If you miss a dose, give/take it as soon as possible, but if it is close to the next due time, wait and give/take the normal dose then.

Blow gently on a baby's face and s/he will blink and swallow.

Avoid mixing medicine in your baby's bottle because if the bottle is not finished, the baby will not get the right dose.

If you are using a syringe, squirt a little medicine inside the cheek where there are no bitter taste buds.

If your child has an allergy to certain flavourings or colourings, ask your Pharmacist for more information.

Let a child use a straw to sip liquid medicine up from a spoon.

Give a 'chaser' of something the child likes, eg a teaspoon of chocolate sauce, or a reward such as a star or sticker.

Let the child suck on an ice block to numb the taste buds before taking the medicine.

Get the child to hold his/her nose while taking the medicine in order to dull the sense of taste.

IF IN DOUBT CHECK IT OUT
THE WISE USE OF ANTIBIOTICS



ABOUT ANTIBIOTICS

Antibiotics are medicines used to treat infection caused by bacteria. Doctors prescribe different antibiotics for different bacteria.

It is important to take the full course of antibiotic treatment, even if you seem to be better, so that the infection clears up completely. If you do not complete the course, bacteria may continue to grow and develop resistance to the medicine. Stronger or different antibiotics are then needed to kill them.

Antibiotics do not work against viruses that cause flu and colds. Viral infections generally resolve on their own.

Antibiotics are very effective if you give

- the right dose
- to the right person
- at the right time
- for the right length of time



REMEMBER... ANTIBIOTICS DON'T DO COLDS AND FLU!

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THE WISE USE OF ANTIBIOTICS



YOUR OWN BUGS TO COLOUR AND KEEP