



HEAL

Health Education & Adult Literacy PROGRAM

TOOLKIT



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HEALTH EDUCATION AND ADULT LITERACY PROGRAM CURRICULUM

I

 **New York-Presbyterian**
Ambulatory Care Network



COLUMBIA UNIVERSITY
MEDICAL CENTER

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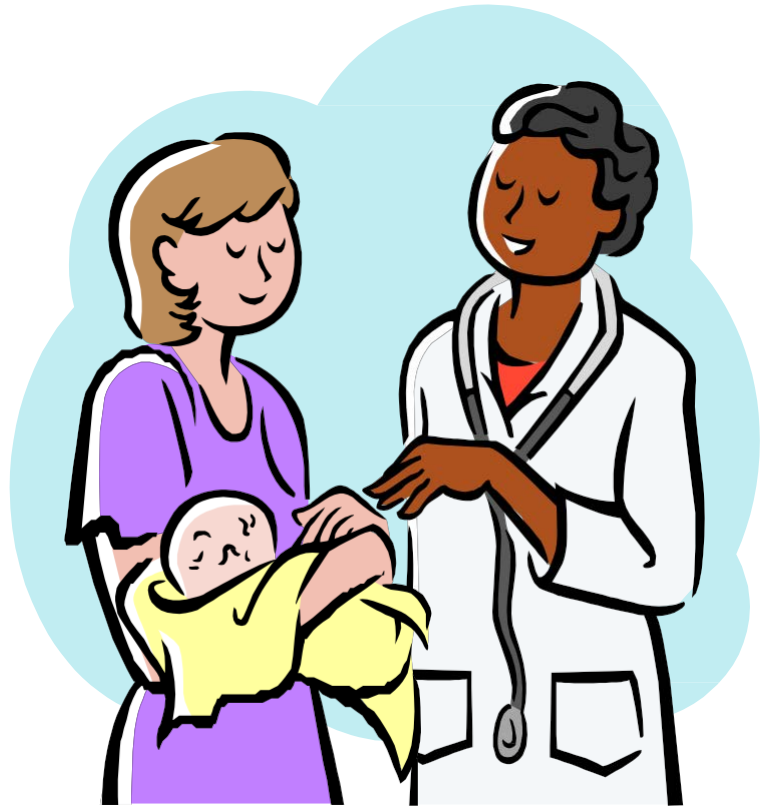
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PREPARING FOR A VISIT TO THE DOCTOR

BEFORE YOUR VISIT

A checklist may help you during your doctor's visit

- ___ Bring a list of all medicines your child is taking, including over-the-counter and prescription drugs. Instead of a list, you may bring the bottles.
- ___ Bring your child's current immunization record.
- ___ Bring any list of questions or concerns you have for the doctor.
- ___ Bring a written detailed description of your child's symptoms or signs of illness.
- ___ ~~Bring something to write notes on~~ Bring something to write notes on when you meet with the doctor. Writing down any instructions or advice the doctor gives you will help you remember them later.

YOUR CHILD'S SYMPTOMS

Your doctor will want this information. Write it down so that you will remember:

1. How long ago did the illness start?
2. What are the signs of illness? (fever, cough, stuffy nose, etc.)
3. Where does it hurt?
4. How often does it hurt?
5. What time of the day does it usually hurt?

ASK YOUR DOCTOR!

Before you leave the clinic know the answers to these questions:

1. What illness does my child have?
2. What causes it?
3. How serious is it?
4. What tests does my child need to find out what he/she has?
5. What do the tests mean?
6. How can I treat my child's illness?
7. What choices do I have?
8. When should I expect my child to feel better?

ANTES DE LA VISITA

Esta Lista le puede ayudar a prepararse para la visita al doctor.

- ___ Traiga una lista de las medicinas que su hijo está tomando, incluyendo las medicinas sin recetas. En vez de una lista usted puede traer los envases de las medicinas.
- ___ Traiga la tarjeta de vacunas de su hijo.
- ___ Traiga una lista de preguntas o preocupaciones que tenga para el doctor.
- ___ Traiga una descripción detallada que describa los síntomas de su hijo.
- ___ Traiga algo para tomar notas cuando se reúna con el doctor. Escribiendo las instrucciones o consejos que le dé el doctor le ayudará a recordarlas más tarde.

LOS SINTOMAS DE SU HIJO

Su doctor va a querer esta información. Escríbala para que se acuerde:

1. ¿Desde cuándo le empezó la enfermedad?
2. ¿Cuáles son las señales de la enfermedad? (fiebre, tos, congestión nasal, etc.)
3. ¿Dónde le duele a su hijo?
4. ¿Con qué frecuencia le duele a su hijo?
5. ¿A qué hora del día usualmente le duele a su hijo?

PREGUNTALE A SU DOCTOR

Antes de irse de la clínica sepa las repuestas a las siguientes preguntas.

1. ¿Qué enfermedad tiene mi hijo(a)?
2. ¿Cuál es la causa de la enfermedad?
3. ¿Se considera como una enfermedad seria?
4. ¿Cómo puedo tratar la enfermedad de mi hijo(a)?
5. ¿Cuáles son mis opciones?
6. ¿Cuales exámenes necesita mi hijo(a)?
7. ¿Qué significan los exámenes?
8. ¿Qué tiempo debo de esperar para que mi hijo/a se sienta mejor?

MY CHILD'S MEDICAL HISTORY

Your doctor will have a complete medical history chart for your child. You can help keep your doctor's chart up to date by keeping this personal medical history. The more you know about your child's health, the better.



Fill out this form and take it with you to your doctor appointments. It may help you and your doctor decide on the best treatment for your child.

My Child's Full Name: _____

My Child's Date of Birth: _____

My child was in the hospital for (list reasons):	Date:
My child had these surgeries:	Date:
My child has had these injuries:	Date:
My child takes these medicines/supplements/vitamins:	Dosages or Quantity:
I give my child these home remedies/herbal medicines:	To treat:
My child has these illnesses, diseases, or allergies:	Date diagnosed:
My child sees these doctors:	Reasons:

HISTORIA MÉDICA DE MI NIÑO/A

El médico tendrá un historial médico de su niño/a. Usted puede ayudar a mantener esta información al día guardando un historial médico personal con datos que sean recientes. Mientras más usted sepa sobre la salud de niño/a, mejor cuidado recibirá para él/ella.



Este archivo de historia médica personal puede alertar al doctor sobre algún problema que pudiera surgir basándose en su condición médica o las medicinas que toma.

Nombre y apellido de mi niño/a: _____

Fecha de nacimiento: _____

Mi niño/a ha estado en el hospital debido a las siguientes razones:	Fecha:
Mi niño/a ha tenido las siguientes cirugías:	Fecha:
Mi niño/a ha sufrido las siguientes lesiones:	Fecha:
Mi niño/a toma los siguientes remedios caseros o suplementos para curar o tratarlos siguientes problemas médicos:	Dosis o Cantidad:
Mi niño/a tiene las siguientes enfermedades o alergias:	Fecha en que fueron diagnosticadas:
Mi niño/a tiene consulta o ve a los siguientes doctores:	Razones:

MEDICAL WORDS THAT YOU MAY HEAR OR SEE

Words that you may hear your doctor or nurse say. Some of these words you can also see in handouts in the clinic, on prescription bottles or on over-the-counter medicines.

Avoid	<i>Stay away from</i>
Adequate	<i>Enough</i>
As needed	<i>According to need</i>
Benign	<i>Will not cause harm</i>
Chronic	<i>Illness that lasts for a long time or keeps coming back</i>
Condition	<i>How you feel, health problem</i>
External use only	<i>Do not put inside body</i>
Generic	<i>Product sold without a brand name</i>
Hyperglycemia	<i>Blood sugar is higher than normal</i>
Hypoglycemia	<i>Blood sugar is lower than normal</i>
Malignant	<i>Something that is bad for you and needs to be treated</i>
Moderately	<i>Not too much</i>
Nerve	<i>Sensitive fibers that pass messages in the body including pain</i>
Oral	<i>By mouth</i>
Palpitation	<i>Fast heartbeat that can be felt by a person</i>
Referral	<i>Get a second opinion</i>
Wellness	<i>Good health, feeling well</i>
TID	<i>Three times a day</i>
BID	<i>Two times a day</i>
QID	<i>Four times a day</i>
QD	<i>Once a day</i>
PO	<i>By mouth</i>
PRN	<i>As needed</i>

PALABRAS MÉDICAS QUE USTED PUEDE ESCUCHAR O VER

Palabras que usted puede escuchar de su médico o enfermera. Algunas de estas palabras también se pueden ver en algunos folletos disponibles en las clínicas, en etiquetas de medicinas recetadas o sin recetas.

Evitar	<i>Mantener se lejos de</i>
Adecuado	<i>Suficiente</i>
Como lo necesite	<i>De acuerdo a la necesidad</i>
Benigno	<i>No causará daño</i>
Crónico	<i>Enfermedad que dura un tiempo largo o sigue regresando</i>
Condición	<i>Como usted se siente o problema de salud</i>
Sólo para uso externo	<i>No poner dentro del cuerpo</i>
Genérico	<i>Producto vendido sin marca</i>
Hiperglicemia	<i>El nivel de azúcar en la sangre es más alto de lo normal</i>
Hipoglicemia	<i>El nivel de azúcar en la sangre es más bajo de lo normal</i>
Maligno	<i>Algo que es malo y debe ser tratado</i>
Moderadamente	<i>No mucho</i>
Nervio	<i>Fibras sensitivas que envían mensajes en el cuerpo incluyendo el dolor.</i>
Oral	<i>Por la boca</i>
Palpitación	<i>El corazón acelerado</i>
Referido	<i>Buscar una segunda opinión o especialidad</i>
Bienestar	<i>Buena salud, sintiéndose bien</i>
TID	<i>Tres veces al día</i>
BID	<i>Dos veces al día</i>
QID	<i>Cuatro veces al día</i>
QD	<i>Una vez al día</i>
PO	<i>Por la boca</i>
PRN	<i>Según sea necesario</i>



THE COMMON COLD & FLU

The Common Cold

- ___ A cold is an infection of the nose and throat caused by a virus.
- ___ It can be prevented by washing hands, not sharing food/silverware, cleaning anything that maybe infected, and throwing away used tissues.
- ___ It can be treated by the body's defense system, by drinking plenty of liquids, resting, and by taking Tylenol/Motrin when prescribed by the doctor.
- ___ Most viral infections such as the common cold go away within 7 days.
- ___ Do not give over the counter medicine if your child is under the age of 6.
- ___ The doctor will tell you about using a Cold-Care-Kit.
- ___ Do NOT use antibiotics to treat the common cold.

WHAT IS IN A COLD-CARE-KIT?

- ___ Saltwater drops (SALINE)
- ___ Bulb Syringe
- ___ Tissues
- ___ Alcohol hand sanitizer
- ___ Thermometer
- ___ Measuring tool to give the correct amount of medication

HOW TO PREPARE SALT WATER DROPS FOR THE NOSE?

- ___ You can make your own salt water at home:
 - 1 teaspoon of salt mixed with 8 ounces of boiling water. Let cool and store in a clean bottle.
- ___ Using salt water in the nose with a bulb syringe can pull out mucous that cause a stuffy nose.

THE FLU

- ___ The Flu is usually more serious than the cold.
- ___ It can cause fever that may last for many days.
- ___ It can be prevented by taking the flu shot once a year.
- ___ It can be treated the same way as the common cold.
- ___ Sometimes people can die from the flu.

WHAT YOU NEED TO KNOW ABOUT THE FLU SHOT

- ___ Everyone in the family should get the vaccine, especially all children from 6 months to 18 years of age.
- ___ It only protects against the flu, not against the common cold.
- ___ It can give you some fever, but it does not give you the flu.

THE COMMON COLD VS THE FLU

Know the Similarities!

- ___ Both are caused by a virus, NOT by bacteria.
- ___ Both can be spread by coughing and sneezing.
- ___ Both can be destroyed by the body's defense system.
- ___ Both can be treated by drinking liquids, resting, and taking Tylenol/Motrin when prescribed by the doctor.
- ___ They CANNOT be treated with antibiotics.

Know the Differences!

- ___ The cold causes a runny nose, mucous, 'tickle' in the throat, sneezing, sometimes fevers.
- ___ The flu is more severe than the cold– it causes fever that may last for many days, body aches, runny nose, cough, diarrhea, vomiting, and even death.

El Resfriado

- ___ Un resfriado es una infección de la nariz y garganta causada por un virus.
- ___ Puede ser prevenido por medio del lavado de manos, tapándose la boca cuando uno tose o estornuda, evitando compartirla comida o utensilios para comer, limpiando todo lo que pudo ser contaminado y botando servilletas usadas.
- ___ Puede ser tratado por las propias defensas del cuerpo, tomando mucho líquido, descansando y tomando Tylenol/Motrin cuando el doctor se lo recete.
- ___ La mayoría de las infecciones causadas por un virus, como el resfriado, se van en 7 días.
- ___ No le de medicina sin receta a su hijo/a si tiene menos de 6 años de edad.
- ___ El doctor le dirá como preparar un botiquín para el resfriado.
- ___ No use antibióticos para tratar un resfriado.

¿QUE HAY EN UN BOTIQUIN PARA EL RESFRIADO?

- ___ Solución de agua con sal
- ___ Perita o succionador
- ___ Servilletas de papel Kleenex
- ___ Limpiador de mano con alcohol
- ___ Termómetro
- ___ Instrumento para medir la cantidad de medicina líquida correctamente.

CÓMO PREPARAR GOTAS DE AGUA SALINA PARA LA NARIZ

- ___ Puede hacer su propia solución de agua con sal:
 - 1 cucharadita de sal mezclada con 8 onzas de agua hervida. Deje que se enfríe y guárdela en un envase.
- ___ Usando gotas de agua con sal en la nariz ayuda a sacar la mucosidad.

LA INFLUENZA = EL FLU

- ___ Es una gripe que puede convertirse en algo serio.
- ___ Puede causar una fiebre que dure por muchos días.
- ___ Puede ser evitado si se recibe la vacuna del flu una vez al año.
- ___ Puede ser tratado como el resfriado.
- ___ En ocasiones puede causar la muerte.

LO QUE NECESITA SABER SOBRE LA VACUNA DEL FLU

- ___ Todos en la familia deben ser vacunados contra el flu, especialmente los niños de 6 meses a 18 años de edad.
- ___ La vacuna sólo protege contra el flu—NO protege contra el resfriado.
- ___ Puede causar fiebre leve, pero no causa el flu.

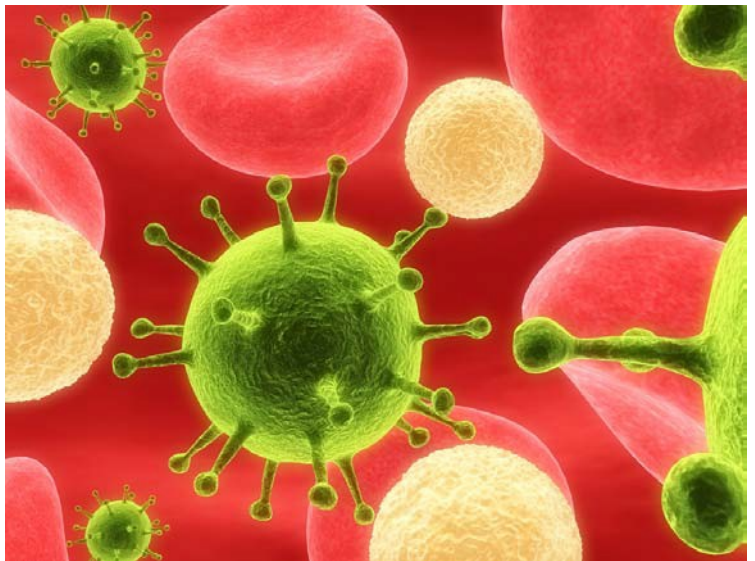
EL RESFRIADO Y EL FLU

Lo que tienen en común

- ___ Son causados por un virus, NO por una bacteria.
- ___ Se contagian por medio de la tos y el estornudo.
- ___ Son combatidos por el sistema de defensa del cuerpo.
- ___ Pueden ser tratados: tomando mucho líquido, tiempo de descanso y Tylenol/Motrin cuando lo receta el doctor.
- ___ Ninguno de los dos puede ser tratado con antibióticos.

La diferencia entre los dos

- ___ El resfriado causa nariz que gotea, congestión, cosquilla en la garganta, estornudos y a veces fiebre.
- ___ El flu es más severo que el resfriado—causa fiebre que dura por muchos días, dolores por todo el cuerpo, tos, diarrea, vómito y a veces la muerte.



USING ANTIBIOTICS TO TREAT BACTERIAL INFECTIONS

WHAT IS A BACTERIAL INFECTION?

- An infection caused by bacteria, which is a type of germ that can only be treated by special medicines such as antibiotics.
- Can be prevented by good hygiene and vaccinations
- Can be treated by taking antibiotics as told by your doctor
- Some of the signs and symptoms include fever for more than 4 days, pus on skin, throat or coming out of the ears, bloody diarrhea, stiff neck, headache, vomiting, sickness that lasts more than 10 days

THE SAFE WAY TO USE ANTIBIOTICS

- Can only be prescribed by your doctor
- Can only be used to treat bacterial infections, NOT viral infections
- Do NOT buy them from the “Bodegas” or “Botanicas”
- Do NOT share them with others.
- Do NOT use antibiotics that have been left over from a past treatment or from someone else.
- Always finish the treatment as told by your doctor.

WHAT HAPPENS WHEN ANTIBIOTICS ARE NOT USED CORRECTLY?

- If you use them to treat viruses, antibiotics will not work when you really need them.
- Not all antibiotics are the same and using the wrong antibiotics can make your child worse.
- Do not share antibiotics because different kinds of antibiotics are used to treat different kinds of bacteria.
- Do not use antibiotics that are left over because past infections may be different from present infections.
- Bacteria become stronger and resistant when the treatment is not given in full, as told by the doctor.
- Do not buy or use antibiotics without a prescription

Note: Talk to your doctor if you have any questions about your child's antibiotic treatment.

¿QUE ES UNA INFECCION BACTERIAL?

- ___ Es una infección causada por bacterias, las cuales son gérmenes que solo pueden ser tratados con medicinas especiales como los antibióticos.
- ___ Puede ser prevenida con buena higiene y vacunas.
- ___ Puede ser tratada tomando antibióticos recetados por el doctor.
- ___ Algunas de las señales o síntomas de infecciones causadas por bacterias incluyen fiebre por más de 4 días; pus en la piel, garganta, o en los oídos.

COMO USAR ANTIBIOTICOS CORRECTAMENTE

- ___ Sólo pueden ser recetados por el doctor.
- ___ Sólo se pueden usar para tratar infecciones causadas por bacterias –NO para las infecciones causadas por un virus
- ___ NO compre antibióticos en las bodegas o botánicas.
- ___ NO comparta antibióticos con otros miembros de la familia.
- ___ NO use antibióticos que sobraron de un tratamiento anterior.
- ___ Siempre termine el tratamiento completo como lo indica el doctor.

¿QUE PASA CUANDO LOS ANTIBIOTICOS SON USADOS INCORRECTAMENTE?


- ___ Si usted usa antibióticos para tratar un virus, luego no funcionan cuando de verdad los necesita
- ___ Cuando compra antibióticos sin una receta médica, el tratamiento puede ser equivocado. Esto puede causar más daño porque las bacterias se ponen más fuertes y más difíciles de combatir.
- ___ No comparta antibióticos con sus amigos ni otros miembros de la familia porque hay diferente tipos de antibióticos que se usan para combatir diferentes tipos de bacterias.
- ___ No use antibióticos que sobraron de tratamientos anteriores porque las bacterias pueden ser distintas a las del presente
- ___ La bacteria se puede poner más fuerte y resistente cuando el tratamiento no es tomado por completo como se le indicó su doctor.
- ___ No compre los antibióticos sin receta.

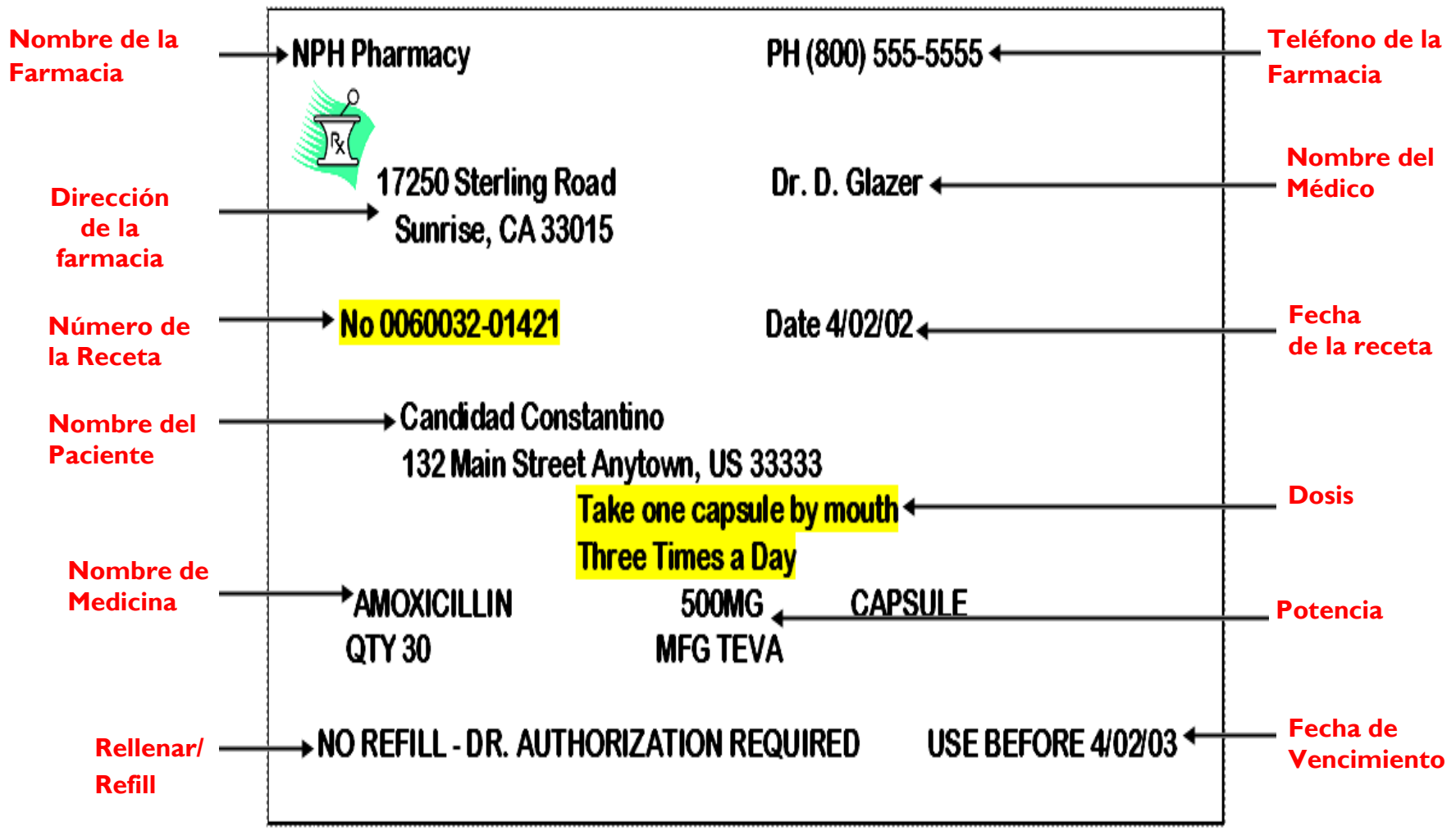
Aviso: Hable con su doctor si tiene alguna pregunta o preocupación sobre el tratamiento de antibióticos para su hijo/a.



PRESCRIBED MEDICATION

HOW TO READ A PRESCRIPTION LABEL

Pharmacy's Name	NPH Pharmacy	PH (800) 555-5555	Pharmacy's phone number
Pharmacy's Address	 17250 Sterling Road Sunrise, CA 33015	Dr. D. Glazer	Doctor's Name
Prescription Number	No 0060032-01421	Date 4/02/02	Date Filled
Patient's Name & Address	Candidad Constantino 132 Main Street Anytown, US 33333	Take one capsule by mouth Three Times a Day	Dosage
Medicine's Name	AMOXICILLIN QTY 30	500MG MFG TEVA	Strength
Refill	NO REFILL - DR. AUTHORIZATION REQUIRED	USE BEFORE 4/02/03	Expiration date



KNOW THE MEDICINE

Important questions to ask the doctor or pharmacist about your child's medicine:

1. What is the name of my child's medicine?
2. Why is my child taking this medicine?
3. How much medicine should I give my child?
4. When do I give my child their medicine?
5. How long should I give my child this medicine?
6. What are the side effects of this medication?
7. Do I need a refill?
8. How long will it be before my child feels better?

REMEMBER! It is important to **finish** the treatment as told by the doctor, even if your child starts to feel better.

BEFORE GIVING MEDICINE

Some things to double check before giving your child their medicine:

- ✓ Do I have the right medication?
- ✓ Is my child's name and address on the bottle?
- ✓ Has the medication expired?
- ✓ Is it the right time to give my child his or her medicine?
- ✓ Am I using the right tools to give the medicine?
- ✓ Am I giving my child the right amount of medicine?

LA ETIQUETA DE LA RECETA

Preguntas importantes que le puede hacer a su doctor o farmacéutico sobre la medicina de su hijo:

1. ¿Cuál es el nombre de la medicina de mi hijo/a?
2. ¿Por qué está tomando esta medicina?
3. ¿Qué cantidad de medicina debo darle a mi hijo/a?
4. ¿Cuándo tengo que darle la medicina a mi hijo/a?
5. ¿Por cuánto tiempo le doy esta medicina a mi hijo/a?
6. ¿Cuáles son los efectos secundarios de esta medicina?
7. ¿Puedo volver a buscar la medicina a la farmacia con esta misma receta (repuesto/refills)?
8. ¿En cuánto tiempo mi hijo/a se sentirá mejor?

¡RECUERDE! Es importante **terminar** el tratamiento como lo indica su doctor, aun si su hijo ya se siente mejor.

ANTES DE DAR LA MEDICINA

Algunas cosas que puedes revisar antes de darle la medicina a su hijo.

- ✓ ¿Tengo la medicina correcta?
- ✓ ¿Está el nombre de mi hijo/a y la dirección de domicilio en el envase?
- ✓ ¿Está la medicina vencida?
- ✓ ¿Es la hora correcta de darle la medicina a mi hijo/a?
- ✓ ¿Estoy usando el instrumento adecuado para darle la medicina a mi hijo/a?
- ✓ ¿Le estoy dando la cantidad correcta de medicina a mi hijo/a?



OVER THE COUNTER MEDS

HOW DO I CHOOSE AN OVER THE COUNTER COLD MEDICINE?

Over the Counter Cold Medicines should NOT be given to children under the age of 2. **For children between the ages of 4-6, talk to your doctor first.**

Children over the age of 6 can use Over the Counter Cold Medicines.

Newborn to 2 months old

A baby under 2 months with cold symptoms should be seen by a doctor. **No medications are safe.**

Ages 2 months to 4 years

Use as directed:

Tylenol
Motrin (> 6 months old)

Do NOT Use:

Pediacare Products

Robitussin Products

Triaminic Products

Dimetapp Products

Vick Vapor Rub- Should not be used because it has camphor. Camphor is toxic for children as it may cause a child to have problems with their digestive (stomach and intestines) system, respiratory (lungs) system or burns on the skin.

Ages 4 to 6 years

Use as directed:

Tylenol
Motrin (> 6 months old)

Use only after talking to your doctor:

Pediacare Products

Robitussin Products

Triaminic Products

Dimetapp Products

Vick Vapor Rub

Active Ingredient: The main medicine. If I want to take more than one medication with the same active ingredient I should talk to my doctor first.

Uses: Tells you what it treats. Do you have these symptoms?

Warnings: Reasons not to use or stop using the medicine.

Directions: How to take, how often and how much medicine to give for a specific age.

Other information: How to store medicine.

Inactive ingredients: These ingredients are not the ones that make you feel better.

Drug Facts

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

- sneezing ■ runny nose ■ itchy, watery eyes ■ itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma ■ a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- You may get drowsy ■ avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Purpose: The type of medicine.

This label is the most recent U.S. Food & Drug Administration approved over-the-counter drug label format.

COMO ESCOGER LAS MEDICINAS SIN RECETA

Las medicinas sin recetas para los resfriados no deben ser dadas a niños menores de 4 años de edad .Para niños entre 4-6 años de edad, hable con su doctor primero. Niños sobre los 6 años de edad pueden usar medicinas sin recetas.

Recién nacidos a 2 meses de edad:

Un bebé menor de 2 meses con síntomas de resfriado debe ser visto por un doctor. Lo medicamentos deben ser usados con precaución.

Niños de 2 meses a 4 años

Use como se indica:

Tylenol
Motrin (más de 6 meses de edad)

No use

Productos Pediacare

Productos Robitussin

Productos Triaminic

Productos Dimetapp

Vicks Vapor Rub- No debe de usar porque contiene alcanfor.

El alcanfor es toxico para los niños. Le puede causar problemas al sistema de digestivo (el estomago e intestino), al sistema respiratorio (los pulmones) o quemaduras en la piel

Niños de 4 a 6 años de edad

Use como se indica:

Tylenol
Motrin

Use solamente después de hablar con un doctor:

Productos Pediacare

Productos Robitussin

Productos Triaminic

Productos Dimetapp

Vicks Vapor Rub

Ingredientes Activos: Es la medicina principal. Si quiere tomar más de una medicina con el mismo ingrediente activo. Usted debe hablar con su doctor antes

Usos: Le dice para lo que la medicina sirve. Tiene usted estos síntomas.

Avisos: Razones por las que no debe usar o parar el uso de esta medicina

Indicaciones: Como tomar la medicina, cuantas veces al día y qué cantidad debe usar para la edad específica.

Otra información: Donde guardar la medicina...

Ingredientes inactivos: Estos ingredientes no son los que tratan el malestar.

Drug Facts

Active ingredient (in each tablet)

Chlorpheniramine maleate 2 mgAntihistamine

Purpose

Propósito:
El tipo de medicina.

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

- sneezing
- runny nose
- itchy, watery eyes
- itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- You may get drowsy
- avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) ■ protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch



HOW TO GIVE MEDICINE

TYPES OF MEDICINE



Capsule



Ointment



Tablet



Aerosol



Liquid
Medicine



Suppository

WHERE TO KEEP YOUR MEDICINE

- A cool, dry, dark cupboard is the best place to store medicine. Bathroom medicine cabinets can become hot and steamy, and medicine can be ruined.
- Keep medicine in a safe place and away from the reach of children.
- Put medication in refrigerator if the label reads **“Keep Refrigerated.”**
- Always keep medication in the container that the pharmacist gives to you.

REMEMBER!

Use this checklist every time you receive medicine for your child.

- ✓ Ask your doctor or pharmacist how to measure and give the medicine.
- ✓ Read the label. Pay attention to the name of the medicine and expiration date.
- ✓ Use a tool with the same units of measure that your dosage is in, for example, if you are told to give 6 cc use a tool that measures cc.
- ✓ Do not use teaspoons and tablespoons from your kitchen. Ask the doctor or pharmacist for the best tool to measure the medicine.
- ✓ Write the time you give medicine on a chart.

TOOLS TO MEASURE WITH



Dropper



Oral
Syringe



Tablespoon



Teaspoon



Dosage Cup

MEASUREMENTS

1 cc = 1 ml

1 teaspoon (tsp) = 5cc = 5 ml

1 Tablespoon (Tbl) = 15 cc = 15 ml

1 Tablespoon = 3 teaspoons

1 Ounce = 30cc = 30 ml = 2 Tablespoons =
6 teaspoons

There are different ways that medicine can be measured:

1. Cubic centimeters (cc)
2. Milliliters (ml)
3. Milligrams (mg)

- ml and cc measure liquid medication
- mg measures non-liquid or solid medication (tablets and capsules)

TIPOS DE MEDICINAS



Capsula



Pomada



Tableta



Aerosol



Medicina
Líquida



Supositorio

DONDE USTED PUEDE PONER SU MEDICINA

- Un botiquín oscuro, fresco, y seco es el mejor lugar donde puede almacenarla medicina. Los botiquines de medicinas en el baño pueden estar calientes y húmedos, lo cual puede dañarla medicina.
- Mantenga la medicina en un lugar seguro, fuera del alcance de niños.
- Ponga la medicina en el refrigerador cuando la etiqueta se lo indique.

¡RECUERDE!

Use esta lista cada vez que usted recibe la medicina por su hijo.

- ✓ Su doctor o farmacéutico le puede mostrar cómo medir y darle la medicina a su hijo/a.
- ✓ Lea la etiqueta. Póngale atención al nombre de la medicina y la fecha de vencimiento.
- ✓ Use un instrumento con las mismas unidades que indica en la dosis. Por ejemplo, si le dicen que le de 6 cc a su hijo/a, use un instrumento que mida en cc.
- ✓ No use cucharaditas y cucharadas de su cocina. Pregúntele a su doctor o farmacéutico sobre el mejor instrumento para medirla medicina.
- ✓ Escriba la hora en que usted le da la medicina a su hijo/a.

INSTRUMENTOS PARA MEDIR



Gotero



Jeringuilla
Oral



Cucharada



Cucharadita



Vasito de Dosis

MEDIDAS

1 cc = 1 ml

1 cucharadita (tsp) = 5cc = 5 ml

1 cucharada (Tbl) = 15cc = 15 ml

1 cucharada = 3 cucharaditas

1 onza = 30 cc = 30 ml = 2 Cucharadas = 6
cucharaditas

Hay diferentes maneras de medir la medicina:

1. Centímetros cúbicos (cc)

2. Mililitros (ml)

3. Miligramos (mg)





□ ml y cc se usan para medir las medicinas en líquidos

□ mg se usa para medir las medicinas en la forma de capsula o tableta.

WHEN TO GIVE MY CHILD THEIR MEDICINE

Name of medicine: _____ How much medicine _____





How to give medicine: _____

	 <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> <input type="text"/> PM
Day 1 _____				
Date				
Day 2 _____				
Date				
Day 3 _____				
Date				
Day 4 _____				
Date				
Day 5 _____				
Date				
Day 6 _____				
Date				
Day 7 _____				
Date				
Day 8 _____				
Date				
Day 9 _____				
Date				

Cuando Darle La Medicina a mi Niño/a

Medicamentos: _____ Qué cantidad de medicina: _____


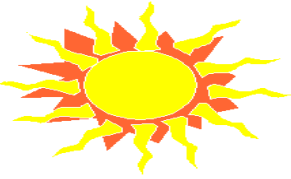

Como dar la medicina: _____

	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> : <input type="text"/> <input type="text"/> PM
DIA 1: _____ (fecha)				
DIA 2: _____ (fecha)				
DIA 3: _____ (fecha)				
DIA 4: _____ (fecha)				
DIA 5: _____ (fecha)				
DIA 6: _____ (fecha)				
DIA 7: _____ (fecha)				
DIA 8: _____ (fecha)				
DIA 9: _____ (fecha)				
DIA 10: _____ (fecha)				

WHEN TO GIVE MY CHILD THEIR MEDICINE




Medicine: _____ How much medicine _____

Qué cantidad de medicina: _____

	Day 	Noon 	Night 
DAY 1: _____ (Date)			
DAY 2: _____ (Date)			
DAY 3: _____ (Date)			
DAY 4: _____			
DAY 5: _____ (Date)			
DAY 6: _____ (Date)			
DAY 7: _____			
DAY 8: _____			
DAY 9: _____			
DAY 10: _____ (Date)			



Medicamentos: _____ **Dosis o Cantidad de Medicina** _____

	Día 	Tarde 	Noche 
DIA 1: _____ (Fecha)			
DIA 2: _____ (Fecha)			
DIA 3: _____ (Fecha)			
DIA 4: _____ (Fecha)			
DIA 5: _____ (Fecha)			
DIA 6: _____ (Fecha)			
DIA 7: _____ (Fecha)			
DIA 8: _____ (Fecha)			
DIA 9: _____ (Fecha)			
DIA 10: _____ (Fecha)			

WHEN TO GIVE MY CHILD THEIR MEDICINE

Name of medicine: _____ How much medicine: _____

	Breakfast	Lunch	Dinner
			
DAY 1 Day of the week: _____			
DAY 2 Day of the week: _____			
DAY 3 Day of the week: _____			
DAY 4 Day of the week: _____			
DAY 5 Day of the week: _____			
DAY 6 Day of the week: _____			
DAY 7 Day of the week: _____			
DAY 8 Day of the week: _____			
DAY 9 Day of the week: _____			
DAY 10 Day of the week: _____			

Cuando darle la medicina a mi hijo o hija

Medicamento: _____

Qué cantidad de medicina: _____

	Con el desayuno 	Con el almuerzo 	Con la cena 
DIA 1 Día de semana: _____			
DIA 2 Día de semana: _____			
DIA 3 Día de semana: _____			
DIA 4 Día de semana: _____			
DIA 5 Día de semana: _____			
DIA 6 Día de semana: _____			
DIA 7 Día de semana: _____			
DIA 8 Día de semana: _____			
DIA 9 Día de semana: _____			
DIA 10 Día de semana: _____			



HOME REMEDIES

IMPORTANT THINGS TO KNOW ABOUT HOME REMEDIES

Home remedies can be an important part of your child's treatment. Therefore, it should be used with care as you would any other medicine. Using herbal or home remedies to help your child get better may be a choice that you would like to have. It is important to think about the benefits and risks when making a decision to use home remedies. Some home remedies may be o.k. to use for specific ages, but some may hurt children. Therefore ask yourself the following questions before giving home remedies to your child:

- Will this home remedy stop my child's prescribed medicine from working the way it is suppose to work?
- Does this home remedy have toxic levels of metal such as Lead or Mercury?
- Does it have other things in it besides natural ingredients that might be harmful to my child's health?
- Is my child old enough to take this home remedy? If so, how much of it would be safe to give to him or her?

TALK TO YOUR DOCTOR!

It is important to talk to your doctor about the use of home remedies. Your doctor should not judge you! Therefore, share your personal experiences in using home remedies with him or her.

HOME REMEDIES GENERALLY USED IN THE CARIBBEAN

<u>Remedy</u>	<u>Information you should know</u>
<u>Miel de la Rosa</u>	This remedy has bee honey. It should not be given to children under the age of 1.
<u>Sancochito</u>	Used to treat the flu and congestion. This remedy has castor oil and can cause diarrhea. It should only be used in recommended amounts.
<u>Sebo de Flandes</u>	This remedy is often mixed with bronquina and camphor. Camphor is a toxic ingredient that can cause digestive (stomach/intestinal) respiratory (lungs) problems or skin burns. It should be kept away from the nose and mouth.
<u>Tussibron Compuesto</u>	Used to treat congestion and cough. This remedy contains antibiotics. Tell your doctor if you are giving your child this medicine.
<u>Star Anise</u>	Used to treat digestive problems, toothaches, and colic in babies. Star Anise is harmful for children when swallowed.
<u>Humphrey's#3</u>	Used to treat pain that comes with teething. This remedy contains caffeine and belladonna. It is better not to use it. If you notice side effects you should stop using it.

HOME REMEDIES GENERALLY USED IN THE CARIBBEAN

Remedy

Information you should know

Bronquina

Used to treat asthma, colds, congestion, and fever. This remedy may be harmful and should not be swallowed. It should be kept out of the reach of children.

Cordial De Monell

Used to treat toothaches in babies. This remedy has bromide and causes sleepiness. It should not be given to your child.

Honey

Used to treat constipation and colds. This remedy should not be given to children under the age of one. If it is mixed with onions it should be taken within three days.

HOME REMEDIES GENERALLY USED IN CENTRAL AMERICA

Greta

Commonly used to treat stomach aches. The medicine has Lead

Azogue/Vidajen

Used as a way to protect evil eye and is also used to treat a stomachache. This remedy has Mercury in it.

Albayalde

Used to treat upset stomach that can lead to vomiting. This medicine can make a person very tired and have no interest in anything.

COSAS IMPORTANTES DE SABER SOBRE LOS REMEDIOS CASEROS

Remedios caseros pueden ser una parte importante en el tratamiento de salud de su hijo/a. Los remedios caseros deben ser usados con cuidado al igual que otros tipos de medicinas. El uso de remedios caseros o hierbas para ayudar a su puede ser una opción que usted quiera tener. Es importante que piense en los beneficios y riesgos que estos remedios puedan tener antes dárselo a niño/a. Algunos remedios se pueden usar para personas de ciertas edades, para algunos remedios pueden ser dañinos para los niños. Por lo tanto, hágase las siguientes preguntas antes de darle el remedio casero a niño/a:

- ¿Evitará este remedio casero de que la medicina recetada por el médico trabaje como deba de trabajar?
- ¿Tendrá este remedio casero niveles tóxicos de metal como el mercurio o el plomo?
- ¿Tendrá algunas otras cosas aparte de los ingredientes naturales que puedan ser dañinos para la salud de mi niño/a?
- ¿Será mi niño/a suficientemente mayor para tomar este remedio? Si lo es, qué cantidad es segura para darle a mi niño/a?

HABLE CON SU DOCTOR!

Es importante hablar con su doctor sobre el uso de remedios caseros. ¡Su doctor no debe juzgarlo! Por eso, comparta sus experiencias sobre el uso de remedios caseros con él o ella.

REMEDIOS CASEROS GENERALMENTE USADOS EN EL CARIBE

Remedio

Información sobre el remedio

Miel de la rosa

Este remedio contiene miel de abeja. No se le debe dar a niños que tengan menos de un año.

Sancochito

Se usa para tratar la gripe y la congestión. Este remedio contiene aceite de ricino y puede causar diarrea. Sólo utilice la dosis recomendada.

Sebo de flandes

Este remedio es mezclado con bronquina y alcanfor. El alcanfor es un ingrediente toxico que puede causar problemas digestivos (problemas del estomago e intestinos) respiratorios (problemas en los pulmones) y quemaduras en la piel. Debe de mantenerse lejos de la nariz y la boca.

Tussibron

Se usa para tratarla congestión y tos. Este remedio contiene antibióticos. Déjele saber a su pediatra si usted le está dando este remedio a su hijo/a.

Anís

Se usa para tratar problemas digestivos, dolores de muelas y cólicos en los bebés. Anís estrellado es tóxico para los niños si se los traga.

Humphrey's#3

Se usa para tratar el dolor de encía causado por la salida de los dientes. Este remedio contiene cafeína y belladona. Es mejor no usarlo. Si observa efectos secundarios, deja de usarlo inmediatamente.

REMEDIOS CASEROS GENERALMENTE USADOS EN EL CARIBE

Remedio

Información sobre el remedio

Bronquina

Se utiliza para tratar el asma, resfriados, fiebre y congestión. Este remedio puede ser tóxico y no debe tomarse. Debe mantenerse fuera del alcance de los niños.

Cordial de Monell

Se usa para tratar el dolor de dientes en los bebés. Este remedio contiene bromuro, lo cual causa sueño. Puede ser peligroso para los niños y no se debe usar.

Miel

Se usa para tratar el estreñimiento y catarrros. Este remedio no se debe dar a los niños menores de un año. Si se mezcla con cebolla, se debe usar dentro de tres días.

REMEDIOS CASEROS USADOS EN CENTRO AMERICA

Remedio

Información sobre el remedio

Greta

Usado para tratar los dolores de estómago. Contiene Plomo.

Azogue/Vidajen

Se usa como amuleto para tratar el mal de ojo y también el dolor de estómago. Este remedio tiene mercurio.

Albayalde

Se usa para el dolor de estómago que resulta en vómitos. Las personas afectadas demuestran estar muy cansados y no tienen interés en nada.

VOLUNTEER HANDBOOK
HEALTH EDUCATION AND
ADULT LITERACY PROGRAM



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THE BASICS FOR A HEAL VOLUNTEER

Before you get there

Look over the material so you don't have to look down too much during your conversation.

At the clinic

Make sure the materials are all set (know where the brochures and the instruments are; make sure the binder looks neat, etc.)

When approaching a caregiver, introduce yourself as a volunteer with the HEAL program, and ask if you can have a moment of their time to discuss a few health topics. If their child is present, take the opportunity to ask questions about the child as an icebreaker (name, age, etc). Remember to smile and look as relaxed as possible!

As you sit down to talk with someone, record the start time of the conversation. After each conversation, stop and fill in the log with as much information as you can remember. The more detailed the better. We use the feedback forms as data. Therefore, please be thorough, objective and consistent when completing the forms.

After you leave

Fill in any information you might not have had the time to write down at the clinic as soon as possible. Then email them to Emelin Martinez (emm9016@nyp.org).

CONVERSATION SKILLS

Silent but Active Listening

- When you ask an open-ended question, you should have no expectations about the answer. Focus immediately upon their response because they are likely to surprise you with their answer. Your conversation must not feel scripted!
- If the caregiver is talking and there is no pressing need to interject, then don't!
- Eye contact and body language are essential in this situation. Without speaking, *show* them that you are listening by maintaining eye contact, nodding when appropriate, keeping your arms uncrossed.
 - People tend to mimic in a conversation. If you look interested, they probably will too. Be self-aware of your body language and voice tone.

Appropriate Response Techniques; When to speak up

- If the caregiver touches on something important, but doesn't explain enough, try, "You just said something really interesting, can you talk about that some more?"
- After the caregiver makes a point, summarize what they just said. Afterwards, always ask them if you got it right; follow with, "Is that what you meant?" or "Did I understand you correctly?"
- Ask for examples. Specific examples are great for us and they serve as a way to encourage more in depth conversation. Try, "When was the last time that happened?"
- If the caregiver is getting way off track, don't dismiss them by looking down at the curriculum or interrupting them. Try empathizing with them; tell them you aren't in a place to help, and refer them to someone who can. From there, you may tactfully steer the conversation back to the topic at hand. "Do you mind if I ask you about something a little different?"

Expressing Empathy and Support

- Doesn't mean you agree or approve, just that you are listening and accepting what they have to say.
- Show that you identify with the caregiver, so they feel more comfortable with you. Try, "I notice how your child's health is important to you." Or, "I understand that you are a hard working caregiver and so many appointments and different medicines can be a lot to keep track of." Or, "You have done a great job caring for your child."

Advising and Teaching

- A person is more likely to heed your advice if you ask their permission to give it. Try, "Do you mind if I show you how to measure a baby's medicine?" Or, "I

have some great pointers about that, can I show you?” Or, “I can tell you about some things that have worked for other people...”

- It is ok not to know the answer to a question. You should feel very comfortable saying, “That’s a great question! Even though I do not know the answer, your doctor will be the best person to respond. Let’s make a note to ask your doctor when you see him or her.” This is honest, encouraging and constructive advice. Make sure to actually have the caregiver make a note.
- Feedback should be provided about the deficiencies in performance and NOT deficiencies in the person. Never critique them, but rather what they are doing. Use, “That’s actually not the best way to give a medicine.” Not, “You are doing that wrong.”
- **The Teach-Back Method:** After you explain something to a caregiver, have them repeat it back to you. “That was a lot of information. Do you want to try and explain it back to me to see if I informed you well?” This is the most effective way to confirm that they understood and internalized the information. This method also helps you pick up any misunderstandings.

Support Proactive Actions!

- We want people to feel confident and in control of their health and their children’s health. Emphasize that the point is to help them help themselves. Your conversations should validate and empower people!
- Use phrases like, “You have the right to demand an explanation from your doctor.” and, “Here are some things you can do to improve that...” Make sure they know that they have the power.

Practice these conversation skills with friends and family! Ask them for honest feedback about how they felt during their conversation with you. This can actually be fun and have a positive effect on your everyday life!

ILLITERACY

You are likely to come across some caregivers who cannot read or write. They are either illiterate in English or both Spanish and English. These caregivers are often very adept at hiding the inability to read mostly because of the stigma associated with illiteracy. They have often gone their whole adult lives without telling anyone. A physician knowing that a caregiver is illiterate can make a profound difference and an improvement. This is a very sensitive issue and requires a great deal of discretion.

What to look for:

- Their registration forms may have incorrect or illegible information.
- The caregiver looks over at someone else as they fill out their forms to copy what they are doing.
- The caregiver cannot name the medications their child is taking, explain why it was prescribed, or when and how to take it.
- You get the feeling the caregiver has memorized instructions because they can repeat them, but they are unable to answer any questions regarding the instructions.
- The caregiver identifies and distinguishes their medications by opening the bottles and looking at the pills instead of reading the label.
- The caregiver claims to have forgotten their glasses when given something to read or write.
- The caregiver refuses to take notes claiming that they remember everything.

If you have a suspicion:

- It's ok if you're wrong in the end or if you're not 100% sure.
- As you continue the conversation, point to and focus on the pictures and not the words in the curriculum.
- Draw pictures as you explain things.
- If they have questions to ask the doctor, offer to write them down so they can hand them to the doctor.
- Be very careful not to embarrass them. You do not need to ask them outright if they can read. If they say they forgot their glasses, say other people also have trouble and offer to help them.
- Your responsibility is only to be understanding, not to solve the problem.

PREPARING FOR A VISIT TO THE DOCTOR

Objectives: The caregiver will understand how to make the most out of their appointment. The volunteer will get a sense of how comfortable the caregiver is within the healthcare environment.

Materials:

- *Preparing for a Walk-in Visit to the Doctor* handout
- *Medical Words That You May Hear or See* handout (for volunteer use only)

Engaging Questions:

How important do you believe it is to communicate with your doctor?

¿Cuán tan importante cree usted es la comunicación con su doctor?

“What are some things you expect from your doctor during your child’s visit?

¿Cuales son algunas cosas que usted espera de su doctor durante la visita?

What are some things parents can do in advance to make the most out of their time with the doctor?

¿Cuales son algunas cosas que los padres pueden hacer por adelantado para sacarle mejor provecho a la visita médica?

Points to Emphasize:

Caregivers should have as much information written down and ready before their child’s appointment (e.g. list of symptoms, medical history, bottles of current medicine, questions and concerns).

Caregivers have the right to have all their questions answered and the answers in writing (either by the doctor or themselves) before they walk out of the office.

What to do:

Go through the checklist discussing why each is important. If applicable, interactively complete the checklist and the questions in the middle panel. If the response is positive, give them another for the next visit.

Also, turn their attention to the list of questions that the doctor should answer for them before the end of the appointment. Remind them that visits can happen quickly and that having these questions and answering these questions will help them get the most out of their appointment.

THE COMMON COLD AND THE FLU

Objectives: Caregivers will learn the similarities and differences between the common cold and the flu. They will understand the benefits of getting the flu vaccine each year. They will learn how they can help their child get better at home, and will have an option to make a “cold care kit” to prevent and treat the cold and flu.

Materials:

- *Things to Know About the Common Cold & the Flu* handout

Engaging Questions:

“What are your thoughts about getting the flu vaccine to prevent the flu?”

¿Cuales son sus pensamientos de haber recibido la vacuna para prevenir la gripe?

“What are some things you do to help treat your child when he or she has a cold or the flu?”

¿Cuales son algunas cosas que hace para ayudar a mejorar a su hijo del resfriado o la gripe?

Points to Emphasize:

The common cold and flu are caused by a virus, NOT bacteria. Both can therefore be killed by the body’s defense system, by drinking plenty of liquids, resting, or by taking Tylenol and Motrin when prescribed by the doctor. Antibiotics do not work to treat the common cold or the flu.

Everyone in the family should get the flu vaccine each year. The flu vaccine only protects against certain types of viruses that cause the flu, does not protect against the cold. It does not give you the flu. It is important to get the flu vaccine at the beginning of the school year.

What to do:

Go through the symptoms of the common cold and of the flu, highlighting the important differences between the two. Make sure to emphasize that “la gripe” and “el resfriado” refer to two different types of viruses, and are not interchangeable.

Discuss what measures they themselves can take to prevent the spread of the cold and flu, and to help their child get better. Explain how to make a “cold care kit” (if they are interested), as shown in the brochure, and ask them if they have any questions. You can also direct them to the “saline drop recipe” on the back of the brochure so that they can make their own saline drops at home.

Refer the caregiver to the “Facts About the Flu Vaccine” section of the brochure. Explain that the vaccine may come in the form of a nasal spray or a shot, discussing the appropriate use of each. Ask them if their child has ever received the flu vaccine, and if not, refer them to the last bullet-point. If they still have questions or concerns about the flu vaccine, encourage them to discuss this topic with their doctor.

USING ANTIBIOTICS TO TREAT BACTERIAL INFECTIONS

Objectives: Caregivers will understand the purpose of antibiotics, and that they should be used only when prescribed by their doctor. Help them become aware of the proper use antibiotics, and the consequences of using them incorrectly.

Materials:

- *Use of Antibiotics* handout

Engaging Questions:

“Would you feel comfortable describing what antibiotics is to a friend or family member?”

¿Se sentiría usted cómodo/a explicando lo que son los antibióticos a un amigo o a un miembro de su familia?

“Has your doctor ever given your child antibiotics? If so, do you remember what they were called?”

¿Le ha dado su doctor los antibióticos a su hijo? ¿Si es así, recuerda usted como se llamaban?

“Do you know friends or family members who saved antibiotics to use in the future, or shared them with others?”

¿Conoce a amigos o miembros de la familia que guardaron los antibióticos para usarlos en el futuro, o los compartieron con otros?

Points to Emphasize:

Bacterial infections can be prevented by good hygiene and vaccinations, and are treated by taking antibiotics as prescribed by the child’s doctor. Antibiotics are only used to treat such infections, and will not work to treat other illnesses (such as viruses).

The proper use of antibiotics is essential to the well-being of the child. They should not be shared, “saved for later” to treat a different illness, or bought without a doctor’s prescription. Caregivers should also know to complete the treatment, as told by their doctor, even if the child may appear to have gotten better.

Incorrect usage of antibiotics will not help their child get better, and could result in antibiotic resistance.

What to do:

Go through the examples of illnesses that do or do not require antibiotics, and encourage them to see a doctor if their child has any of the symptoms of a bacterial infection.

Explain antibiotic resistance if necessary.

Hand out and explain the medication log to help them keep track of antibiotics (if you have not already gone through the “med management” section.).

PRESCRIBED MEDICATION

Objectives: Caregivers will become familiar with prescription labels and the concerns and questions associated with prescription meds. They will identify the key components of the label and how to apply the information.

Materials:

- *Prescribed Medication* handout

Engaging Questions:

“Does your doctor give your child prescription medication often?”

“Do you ever ask your doctor or pharmacist questions before giving medicine to your child? If so, what are some of the things you ask?”

Points to Emphasize:

The label: expiration date, dosage/directions, refill or no refill, prescription number...etc.

Stress the importance of knowing about the medicine that their child takes.

If they don't know something, they should call either the doctor or pharmacist.

What to do:

Use the brochure to go over what the label looks like and the applications for each of the sections. If they have a bottle with them, they should take it out and compare them. If the caregiver has a hard time seeing the prescription label in the brochure there is a larger version in the volunteer binder.

Turn their attention to the list of questions in the brochure. Let them know that their doctor or pharmacist should be able to answer these questions for them before they start giving the medication to their child. Point to the green outlined box: it is very important to finish treatment regimens even if the child feels better. If they are unsure about the length of use, turn to the “Dosage” part of the label or call the doctor or pharmacist.

Show them how to use the checklist in the brochure for the next time their child is taking prescribed meds. Explain the importance of each. Suggest that they keep the checklist near the bottle, so it becomes part of the routine.

If you feel you can quiz them without it feeling like a quiz, go for it. If you aren't comfortable with it, you don't have to.

*When questions come up about how to administer medications based on the dosage use the *How to Give Medicine* brochure for more in depth coverage.*

OVER THE COUNTER MEDICATION

Objectives: Caregivers will learn when it is okay to use OTC's. Many caregivers know very little about this subject. Caregivers will understand that all OTC labels have the same format. They will be able to read and use the information in order to confidently choose which is the most suitable.

Materials:

- *Over The Counter Medication* handout

Engaging Questions:

“Tell me some of the things you do to help your child feel better when he or she gets sick.”

“Do you ever give your child over-the-counter medicines? If so, which ones, and what are some of the things you consider before you give them to your child?”

Points to Emphasize:

Caregivers should be aware of new FDA recommendations regarding OTC Cold Medicine use in children under the age of 6. Over the Counter Cold Medicines should not be given to children under the age of 4. For children between the ages of 4-6, the caregiver should talk to the doctor first! Children over the age of 6 can use Over the Counter Cold Medicines.

The label: active ingredient, uses, warnings, directions, other information...etc.

What to do:

Explain that it is important to call the doctor first for any unfamiliar symptoms.

Explain the new recommendations for OTC cold medicines for children under the age of six. Show the caregiver how to use the chart in the brochure if they have a child with a cold over the age of six.

Explain that the label is the same format for every medicine and it is designed to help people understand and compare different medicines. Go through the label piece by piece and show the caregiver how each piece can help them select an OTC medicine.

Allow for a role-play if you are comfortable with it. Let the caregiver choose the best medicine for a given scenario.

Explain what to do if there is a possible medication error (i.e. wrong medication, missed medication, wrong dose of medication, outdated medication and medication given the wrong way). Caregiver should call Poison Control Center (the number is on the back of the brochure) if they believe they gave the wrong dose.

When questions come up about how to administer medications based on the dosage use the How to Give Medicine brochure for more in depth coverage.

HOW TO GIVE MEDICINE

Objectives:

The caregivers will become familiar with typical medical administration tools (droppers, syringes, dosage cups) and learn the importance of measuring medicine accurately. The volunteer will show the caregiver the medicine tracking charts, stress how and why they are used, and hand them out if appropriate.

Materials:

- *How to Give Medicine* handout
- *When to Give My Child Their Medicine: Clocks* handout

Engaging Questions:

“Has your child ever been prescribed medicine in the past?”

“When your child is taking medicine, how do you keep track of when to give it each day?”

“When your doctor prescribes medicine, do you ever find it challenging to remember his or her instructions?”

Points to Emphasize:

- Proper storage of the medicine.
- Proper measuring techniques with different tools, while keeping units of measurement in mind.

Even if they have a great memory, it is very helpful to track medication on a chart, especially if they are taking more than one medicine.

They can almost always call the pharmacist, who may be more available than their doctor to answer any questions about the medication administration,

What to do:

Help caregivers understand the “what”, “why”, “when” and “how often” questions regarding the medicines they will give to their children. Discuss any past experiences with medications, what devices they have used to administer the meds. Also, discuss the units of measurements they may or may not be familiar with.

Continue the discussion by showing them the tools and the proper way to measure with them.

- You can begin by saying:
Liquid medicines can be measured with a cup, spoon, dropper, dosing spoon or an oral syringe depending on the age of the child.

- Oral syringes can be used for infants who cannot drink from a cup. You can squirt the medicine in the back of the child's mouth where it's less likely to spill out. Syringes are also used for storing a dose.
- Droppers are safe to use with infants. Be sure to measure at eye level and give the medicine quickly.
- Cylindrical dosing spoons are for children who can drink from a cup, but can spill. The small spoon fits easily in a child's mouth.
- Dosage cups can be used for children who can drink from a cup without help and without spilling. Be sure to check the numbers carefully on the side and measure out liquid medicine with cup at eye level, on a flat surface.

Highlight the importance of where you store your medicine by going over the “Where to Keep Your Medicine” section.

Explain the importance of tracking medication administration and hand out the charts. When you give out the charts, explain that using it can be interactive. The child can help by drawing a mark in the right spot each time he/she takes their medicine. There are a lot of charts in this component, don't overwhelm the caregivers by giving them out without explaining.

HOME REMEDIES/ HERBAL MEDICINES

Objectives: Caregivers will be encouraged to communicate with health providers about the use of home remedies. They will understand that while some home remedies may work, they should be used with care like any other medicine.

Materials:

- *Home Remedies/ Herbal Medicines* handout

Engaging Questions:

“Do you or your family members use any herbal/home remedies to treat your child?”

“Besides the medicines your doctor may have prescribed, what else do you give your child to help them feel better?”

“A lot of people use traditional herbal remedies when their children are sick. Is there anything that you like to give your child aside from what the doctor prescribes?”

“When I was little, my mom liked to use chamomile tea with lemon. Do you use anything like that when your child gets sick?”

“Do you believe it’s important for parents to talk about home remedies with their child’s doctor? Why or why not?”

Points to Emphasize:

Tell your doctor!

It is ok to use home remedies as long as they don’t replace the doctor’s prescription. There is also a possibility of bad interactions between home remedies and prescriptions. Therefore, caregivers should talk about the use of home remedy with their doctors.

What to do:

Ask questions, be interested and curious.

Refer caregiver to the list inside the Home Remedy brochure. If the remedy that they use is on the list, encourage them to talk to the doctor. If the remedy that they use is not on the list, encourage them to talk to their doctor. Remind them that their doctor should not judge them.

Explain that there is a possibility of the herbal medicine interacting with the prescription medicine, so it is always safe and in the best interest of the child for the caregiver to consult or talk with their doctor.



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Feedback Logs

Volunteer or Medical Resident Name:

Date:

Total time of discussion:

Caregiver's age range:

Children's age range:

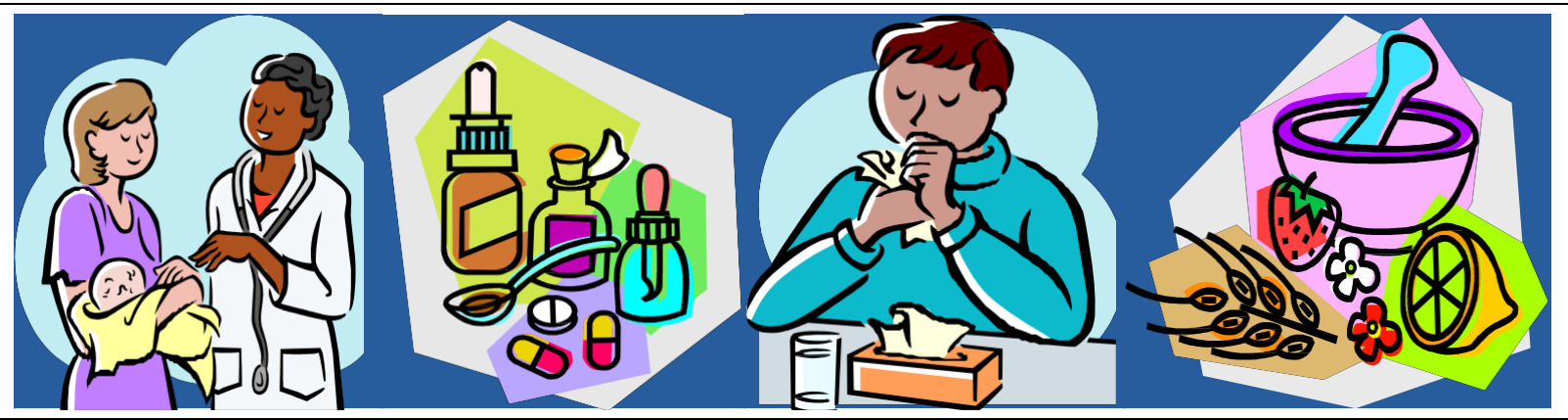
Preferred Language: English Spanish Other

Uses Interpreter Services: Yes No If "Yes," how helpful was the service? Very helpful Somewhat helpful Not at all

Any signs of illiteracy? Yes No If "Yes," what was a sign?

<p>Did you cover "Use of Antibiotics"? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does caregiver use antibiotics correctly? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, does caregiver:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use unprescribed antibiotics <input type="checkbox"/> Share antibiotics with family and friends <input type="checkbox"/> Save antibiotics <input type="checkbox"/> Stop use of antibiotics without completing treatment per doctor's instructions because the child felt better? <p>Did caregiver understand that antibiotics are only used to treat bacterial infections? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did participant understand antibiotic resistance? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Other comments:</p>	<p>Did you cover "How to Give Medicine"? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does the caregiver keep a written record of medicines? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does the caregiver need a demonstration of administering techniques? <input type="checkbox"/> Yes <input type="checkbox"/> No If the response is "Yes," which techniques?</p> <p>Does caregiver use proper tools needed to administer medicine? <input type="checkbox"/> Yes <input type="checkbox"/> No If the response is "No," what does caregiver use to administer meds?</p> <p>Was caregiver given a Medication Log? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did the caregiver find the medication log to be... <input type="checkbox"/> Very Useful <input type="checkbox"/> Somewhat useful <input type="checkbox"/> Not useful at all</p> <p>Other comments:</p>	<p>Did you cover "Common Cold and Flu" <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Was caregiver aware and comfortable with the fact the prescription medication is not always needed to treat a cold? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did caregiver understand the differences between the common cold and the Flu? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did caregiver know about the flu shot? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Has their child ever received one? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>What does caregiver do to treat the cold and flu?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brings child to the doctor <input type="checkbox"/> Uses Tylenol or Motrin <input type="checkbox"/> Uses home remedies <input type="checkbox"/> Uses OTC Medicine <input type="checkbox"/> Provides lots of fluids and rest for the child <p>Other comments:</p>
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<p>Did you cover “Prescribed Medication”? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did the caregiver demonstrate that they were comfortable reading the label? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Which parts of the label did you explain in depth?</p> <p><input type="checkbox"/> Prescription number</p> <p><input type="checkbox"/> Refill</p> <p><input type="checkbox"/> Dosage</p> <p><input type="checkbox"/> Expiration date</p> <p>Does caregiver feel comfortable discussing their child’s medication with their pharmacist? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If “No,” why not?</p> <p>Does caregiver check all of the following before administering prescription medicine?</p> <p><input type="checkbox"/> Correct name and address</p> <p><input type="checkbox"/> Expiration date</p> <p><input type="checkbox"/> Correct medicine</p> <p><input type="checkbox"/> Correct dose and time to administer medicine</p> <p>Other comments:</p>	<p>Did you cover “Home Remedies/Herbal Medicines”? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did caregiver disclose the use of home remedies to their doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If “No,” why not?</p> <p>Was caregiver fully aware of what was in each home remedy they used and possible side effects that come with it? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does the caregiver substitute prescribed meds with home remedies? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>What do they use? And for what?</p> <p>Did they find that using home remedies helped their child get better? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Other comments:</p>	<p>Did you cover “Preparing for a Visit to the Doctor”? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does the caregiver bring anything for their child’s appointments?</p> <p><input type="checkbox"/> Prescription bottles</p> <p><input type="checkbox"/> List of current medications</p> <p><input type="checkbox"/> List of questions or concerns</p> <p><input type="checkbox"/> List of child’s symptoms</p> <p><input type="checkbox"/> Immunization card</p> <p><input type="checkbox"/> Other _____</p> <p>In prior visits, did caregiver feel comfortable speaking with the doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If “No,” why not?</p> <p>Does caregiver usually remember what doctor told them after they left the visit? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>What does caregiver do to make sure they remember their discussion with the doctor?</p> <p><input type="checkbox"/> Take notes</p> <p><input type="checkbox"/> Paraphrase doctor’s important points</p> <p><input type="checkbox"/> Other: _____</p> <p>Was caregiver given a Medical History Chart? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Other comments:</p>	<p>Did you cover “OTC Medication”? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Was caregiver aware that children under 2 months should not use any medications without a doctor’s consent? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Was caregiver aware that children 2 months - 2 years should not use OTC cold medications and that children between 2 - 6 years can only use it with doctor’s consent? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does caregiver use any OTC medications with their children? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If “Yes,” what do they use and for what?</p> <p>Did the caregiver demonstrate that they were comfortable reading the label? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did you explain any parts of the label in depth?</p> <p><input type="checkbox"/> Active ingredient <input type="checkbox"/> Uses</p> <p><input type="checkbox"/> Purpose <input type="checkbox"/> Warnings <input type="checkbox"/> Directions</p> <p><input type="checkbox"/> Other information</p> <p><input type="checkbox"/> Inactive ingredients</p> <p>Other comments:</p>
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HEAL
**Health Education &
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Patient Brochures

Preparing for a Visit to the Doctor

New York City
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Emergency:
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BEFORE THE VISIT

Prepare for your child's appointment by following these steps:

1. Make a list of:
 - All medicines your child is taking. This list should include over-the-counter and prescription medicines. You can also bring the medicine bottles if you have them.
 - Your child's symptoms or signs of sickness.
 - Questions or concerns you have for the doctor.
2. Take your child's current vaccine record.

DURING THE VISIT

Take notes when you meet with the doctor. Writing down any instructions or advice the doctor gives you will help you remember them later.

YOUR CHILD'S SYMPTOMS

Let your doctor know what you have noticed about your child's health.

1. How long has my child been sick?

2. What are the signs of sickness? (fever, cough, stuffy nose)

3. Where does it hurt?

4. How often does it hurt?

5. What time of day does it usually hurt?

ASK YOUR DOCTOR

Before you leave the clinic know the answers to these questions:

1. What sickness does my child have?

2. What causes it?

3. How serious is it?

4. How can I treat my child's sickness?

5. What choices do I have?

6. What tests does my child need to find out what he or she has?

7. What do the tests mean?

8. When should I expect my child to feel better?

Preparándose Para Visitar a Su Doctor

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ANTES DE LA VISITA

Estos pasos le puede ayudar a preparar para su visita al doctor:

1. Haz una lista de las siguientes cosas:

- Las medicinas que su hijo/a está tomando, incluyendo las medicinas sin recetas. Usted también puede traer los envases de las medicinas.

- Los síntomas de su hijo/a.

- Preguntas o preocupaciones que usted pueda tener para su doctor.

2. Lleve la tarjeta de vacunas de su hijo(a).

DURANTE LA VISITA

Tome notas cuando se reúna con el doctor. Escribiendo las instrucciones o consejos que le de el doctor le ayudará a recordarlas más tarde.

LOS SINTOMAS DE SU HIJO

Su doctor va a querer esta información sobre los síntomas de su hijo.

1. ¿Desde cuándo le empezó la enfermedad?

2. ¿Cuáles son las señales de la enfermedad? (fiebre, tos, congestión nasal, etc.)

3. ¿Dónde le duele a su hijo/a?

4. ¿Con qué frecuencia le duele a su hijo/a?

5. ¿A qué hora del día usualmente le duele a su hijo/a?

PREGUNTALE A SU DOCTOR

Antes de irse de la clínica sepa las repuestas a las siguientes preguntas.

1. ¿Qué enfermedad tiene mi hijo/a?

2. ¿Cuál es la causa de la enfermedad?

3. ¿Se considera como una enfermedad seria?

4. ¿Cómo puedo tratar la enfermedad de mi hijo/a?

5. ¿Cuáles son mis opciones?

6. ¿Cuales exámenes necesita mi hijo/a?

7. ¿Qué significan los exámenes?

8. ¿Que tiempo debo de esperar para que mi hijo/a se sienta mejor ?

Prepare a Cold Care Kit

A cold care kit is used to keep things you can use to prevent and treat the cold and the flu. It can include:

- Salt Water (Saline) Drops
- Bulb Syringe
- Tissues
- Alcohol hand cleanser
- Thermometer
- Oral syringe or dropper

Prepare Saline (Salt Water) Drops

Use saline and a bulb syringe to help pull out mucous that causes a stuffy nose.

You can make your own saline at home:

- One teaspoon of salt mixed with 8 ounces of boiling water.
- Let it cool and store in a clean bottle.



Information about the Flu & the Cold

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The Flu & Common Cold

The flu and common cold are very similar. A special test can help tell the difference, but many times it is not needed.

How are they the same?

- The flu and cold are both infections of the nose and throat caused by a virus, not a bacteria.
- Both can be spread from person to person by coughing and sneezing. It can also be spread by touching your mouth or nose after you touched something that has come in contact with the virus.
- Both can be killed by the body's defense system.
- Antibiotics do not treat the flu or the cold.

How are they different?

- The signs of a cold tend to be a runny or stuffy nose.
- Colds usually lasts less days than the flu.
- The Flu is usually more serious than the cold. It sometimes causes fever that may last for many days. Other signs include body aches, runny nose, cough, diarrhea, and vomiting.

Facts About the Flu Vaccine

- Everyone in your family should get the flu vaccine.
- Anyone 6 months or older can get the vaccine.
- It may give you a low fever, but it does not give you the flu.
- There are two types of vaccines that protects against the flu:
 1. The flu vaccine that is given as a shot is made with a killed virus.
 2. The flu vaccine that is given as a nasal spray is made with a weakened virus. Children 2 years old or younger can not get this vaccine.
- Children 6 months to 8 years old need two doses if this is the first time they get the vaccine.
- The vaccine can protect you for 1 year.

Treating the Common Cold & Flu

- Most viral infections are gone in 7 days.
- The flu and cold can be treated by drinking lots of liquids and resting.
- Sometimes it is not necessary to give your child over the counter medicines. Ask your doctor if you need to give your child Tylenol or Motrin.
- Flu antiviral medicine are sometimes prescribed by doctors within 2 days of signs of sickness.

Stop the Spread of the Cold & Flu

- The best way to prevent the spread of the flu is by getting the flu vaccine each year.
- Do not take your child to school or daycare when he or she is sick.
- Wash your hands frequently with soap & water.
- Throw away dirty tissues.
- Clean all things that may have been in contact with the virus.

Crea su propio botiquín para el resfriado

Un botiquín para tratar el resfriado es un caja donde puedes mantener todas las cosas que necesitas para tratar el resfriado y el flu.

- Gotas de agua con sal (Solución Salina)
- Una perita
- Pañuelos desechables
- Limpiador de mano con alcohol.
- Un termómetro
- Una jeringuilla oral

Prepare su propia gotas de agua con sal (solución salina)

Usando una perita y gotas de agua con sal ayuda aliviar la congestión de la nariz.

Usted puede hacer su propia solución salina en su hogar siguiendo estas instrucciones:

- Una cucharadita de sal ligado con 8 onzas de agua caliente.
- Deje que se refresque y guárdelo en un envase limpio.



Información Sobre El Flu (La Gripe) y El Resfriado

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La Gripe (el flu) y El Resfriado

El Flu y el resfriado son muy parecidos. Un examen especial puede determinar si una persona tiene el flu, pero a veces no es necesario.

¿Qué es lo que tienen en común?

- El resfriado y el flu son infecciones de la nariz y garganta que son causados por un virus. No se causan por una bacteria.
- Los dos se propagan de persona a persona al toser y estornudar. También llevándose la mano a la boca y la nariz después de tocar algo que ha estado en contacto con el virus.
- Los dos pueden ser combatidos por el sistema de defensa del cuerpo.
- Ninguno de los dos puede ser tratado con antibióticos.

¿Cuáles son las diferencias?

- Los síntomas de los resfriados tienden a ser nariz tupidada.
- Los resfriados generalmente duran menos días que el flu.
- El Flu es generalmente mas serio que el resfriado. A veces causa fiebre que dura muchos días. Otros síntomas son: dolor en el cuerpo, nariz tupidada, diarrea, vómitos.

La vacuna contra la Gripe (el flu)

- Todos en su familia deben de vacunarse contra el flu.
- La vacuna del flu es aprobada para niños mayores de 6 meses de edad.
- Le puede causar un poco de fiebre, pero no le dará el flu.
- Hay dos tipos de vacunas que protegen contra el flu:
 1. La vacuna inyectable del flu esta hecha con un virus que está muerto.
 2. La vacuna del flu que es dada en forma de aerosol nasal está hecha con un virus debilitado. Niños menores de 2 anos de edad no pueden recibir esta vacuna.
- Niños que tienen 6 meses a 8 años de edad necesitan 2 dosis de la vacuna si es la primera vez que lo están recibiendo.
- La vacuna del flu le puede proteger por 1 año.

Cómo tratar el resfriado y el flu

- La mayoría de las infecciones causadas por un virus se van del cuerpo en 7 días.
- El flu y el resfriado pueden ser tratados tomando bastante líquidos y descansando.
- A veces no es necesario darle medicinas sin recetas. Pregúntale a su doctor si necesitas darle Tylenol o Motrin a su hijo/a.
- A veces los doctores recetan medicinas contra el flu durante los 2 primeros días cuando las señales de la enfermedad son evidentes.

Como parar la propagación

- Vacúnese contra el flu cada año. Es la mejor forma de evitar la propagación del flu.
- No lleve a su hijo/a a la escuela o centro infantil cuando está enfermo/a
- Lávese las manos a menudo con jabón y agua.
- Bote los pañuelos desechables después de usarlos.
- Limpie todas las cosas que pudieron haber estado en contacto con el virus.

Remember:

Call your doctor if you have any questions about your child's antibiotics treatment.

Use of Antibiotics

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What are antibiotics?

- Antibiotics are medicines that are used to treat infections caused by bacteria. Bacteria is a type of germ that can only be treated by such medicines as antibiotics
- Antibiotics do not treat infections caused by a virus.
- They are medicines that can only be ordered by your doctor.

What can I do if I think my child needs antibiotics?

- Call your doctor.
- Your doctor will tell you if your child needs antibiotics. If your doctor tells you that your child does not need antibiotics, make sure you understand why.
- Ask your doctor questions if you need more information about the medicine or the sickness.

How do I use antibiotics?

- Antibiotics should only be used if ordered by your doctor. Do not buy them from the Bodegas or Botánicas.
- Finish the complete treatment of antibiotics as told by your doctor, even if you or your child is feeling better.
- Do not use antibiotics that are left over, because past infections may be different from a current infection.
- Do not share antibiotics with other members of your family.

What happens when antibiotics are not used correctly?

- Your child may not get better, and the bacteria may become stronger or worse.
- Antibiotics will not work when you really need them.
- The bacteria may become stronger.
- Bacteria do not respond well to medication when the treatment is not given as told by your doctor.

Antibiotics are prescribed for some infections. Such as:

- Some forms of meningitis that cause you or your child to have a fever, headache, vomiting, and neck pain.
- Sinusitis that may cause pain on the face, headache, congestion in the nose that lasts more than 10 days.
- Some throat infections with symptoms of high fever and sore throat.
- Some ear infections that may cause your child to have a fever, ear ache, and blood or pus coming out of the ear.
- Some Pneumonias that result in fever, cough, trouble breathing.

Antibiotics are not used for the following sicknesses:

- The cold
- Some types of bronchitis
- The flu
- Some types of colds with yellow or green mucous
- Some types of sore throats
- Headaches

El Uso de Antibióticos

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¿Qué son los antibióticos?

- Es una infección causada por bacterias, las cuales son gérmenes que solo pueden ser tratados con medicinas especiales como los antibióticos.
- Los antibióticos no curan infecciones causadas por un virus.
- Son medicinas que solo pueden ser indicadas por su doctor.

¿Qué puedo hacer si creo que mi hijo necesita antibióticos?

- Llame a su doctor.
- Su doctor le dirá si su hijo/a necesita antibióticos. Si su doctor le dice que su hijo/a no necesita antibióticos asegúrese que usted entiende la razón.
- Hazle preguntas a su doctor si usted necesita más información sobre la medicina o sobre la enfermedad.

¿Cómo se usan los antibióticos?

- Los antibióticos sólo pueden ser recetados por su doctor.
- Termine el tratamiento completo como lo indique el doctor, aun si usted o su hijo/a se siente mejor.
- No use antibióticos que fueron recetada para infecciones en el pasado por que nuevas las infecciones pueden ser distintas
- No comparta antibióticos con otros miembros de su familia.

¿Qué pasa cuando no se usan los antibióticos correctamente?

- Su hijo/a no se mejorará, y la bacteria se puede poner mas fuerte y resistente
- Los antibióticos no trabajarán cuando usted los necesite.
- La bacteria se pondrá más fuerte y será difícil de combatir.
- Las bacterias no responden bien al medicamento cuando el tratamiento no se completa según lo indica su doctor.

Los antibióticos son recetados para algunas enfermedades, por ejemplo:

- Algunas formas de meningitis lo cual causa fiebre, dolor de cabeza, vómito, y dolor de cuello.
- Sinusitis lo cual causa dolor en la cara, dolor de cabeza, y congestión en la nariz que dura más de 10 días.
- Algunas infecciones de la garganta, los síntomas incluyen inflamación y dolor en la garganta y fiebre alta.
- Algunas infecciones de oídos que causan fiebre, dolor de oído, sangre o pus que sale de los oídos.
- Algunas neumonías, los síntomas son fiebre, tos, y dificultad para respirar.

Los antibióticos no curan las siguientes enfermedades:

- El resfriado
- Algunos tipos de bronquitis
- El flu regular o el Virus H1N1(Gripe Porcina)
- Algunos tipos de resfriado con moco verde o amarillo
- Algunos tipos de dolores de garganta
- Dolores de cabeza

Prescribed Medicine



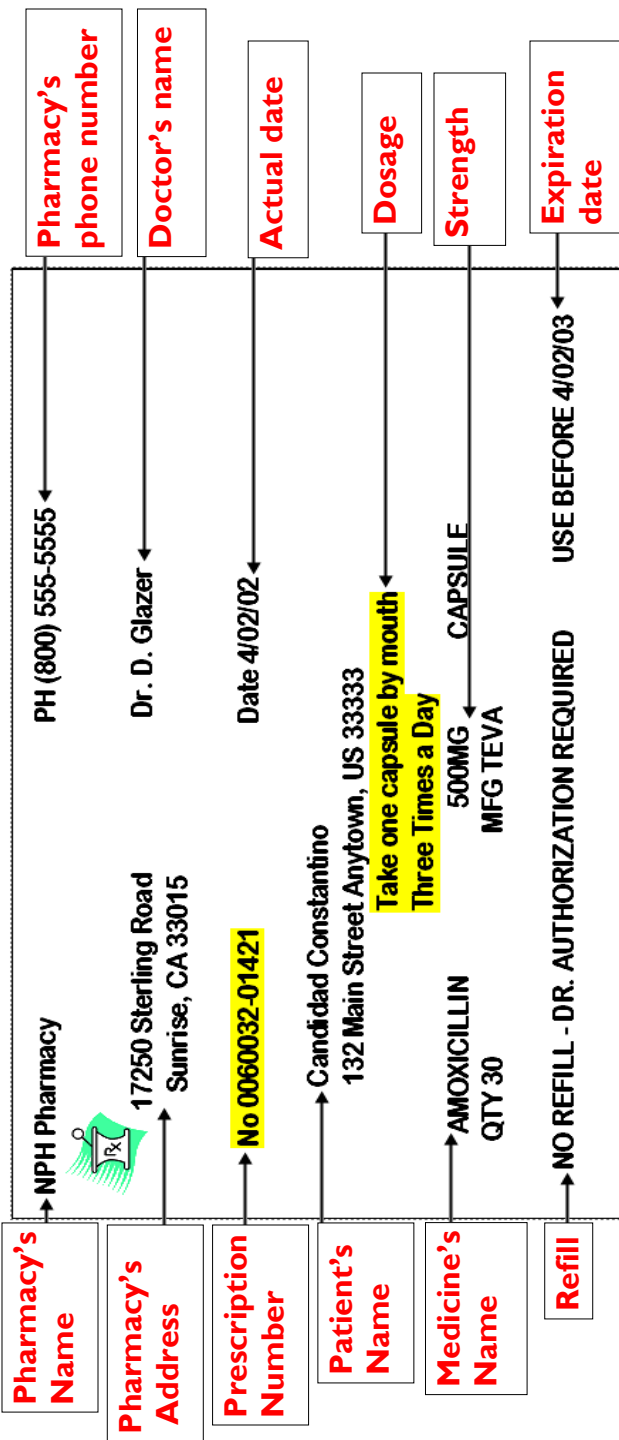
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THE PRESCRIPTION LABEL



KNOW THE MEDICINE

Important questions to ask the doctor or pharmacist about your child's medicine.

1. What is the name of my child's medicine?

2. Why is my child taking this medicine?

3. How much medicine should I give my child?

4. When do I give my child their medicine?

5. How long should I give my child this medicine?

6. What are the side effects of taking this medication?

7. Do I need a refill?

8. How long will it be before my child feels better?

BEFORE GIVING MEDICINE

Some things to double check before giving your child the medicine:

- Do I have the right medication?
- Is my child's name and address on the bottle?
- Has the medication expired?
- Is it the right time to give my child medicine?
- Am I using the right tool to give the medicine?
- Am I giving my child the right amount?

Remember:

Its important to finish treatment as told by the doctor. Even if your child feels better.

Medicina Recetadas

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LA ETIQUETA DE LA RECE-

Número de teléfono de la farmacia	PH (800) 555-5555
Nombre del doctor	Dr. D. Glazer
Fecha Actual	Date 4/02/02
Dosis	Take one capsule by mouth Three Times a Day
Potencia	500MG CAPSULE MFG TEVA
Fecha de vencimiento	USE BEFORE 4/02/03
Nombre de la farmacia	NPH Pharmacy 17250 Sterling Road Sunrise, CA 33015
Dirección de la farmacia	17250 Sterling Road Sunrise, CA 33015
Número de la receta	No 0060032-01421
Nombre del paciente	Candidad Constantino 132 Main Street Anytown, US 33333
Nombre de la medicina	AMOXICILLIN QTY 30
Reemplazo	NO REFILL - DR. AUTHORIZATION REQUIRED

CONOZCA LA MEDICINA

Preguntas importantes que le puede hacer a su doctor o farmacéutico sobre la medicina de su hijo/a.

1. ¿Cual es el nombre de la medicina de mi hijo/a?

2. ¿Por qué está tomando esta medicina?

3. ¿Qué cantidad de medicina debo darle a mi hijo/a?

4. ¿Cuándo le tengo que dar la medicina a mi hijo/a?

5. ¿Por cuanto tiempo le doy esta medicina a mi hijo/a?

6. ¿Cuáles son los efectos secundarios de esta medicina?

7. ¿Puedo volver a buscar la medicina con esta misma receta?

8. ¿En cuánto tiempo mi hijo/a se sentirá mejor?

ANTES DE DAR LA MEDICINA

Algunas cosas que puedes revisar antes de darle la medicina a su hijo/a.

- ¿Tengo la medicina correcta?
- ¿Está el nombre de mi hijo/a y la dirección de domicilio en el envase?
- ¿Está la medicina vencida?
- ¿Es la hora correcta de darle la medicina a mi hijo/a?
- ¿Estoy usando el instrumento adecuado para darle la medicina a mi hijo/a?
- ¿Le estoy dando la cantidad correcta de medicina a mi hijo/a?

RECUERDE:

Es importante terminar el tratamiento como lo indique su doctor, aun si su hijo o hija ya se sienta mejor.

Over the Counter Medicines

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HOW DO I CHOOSE AN OVER-THE-COUNTER MEDICINE FOR A COLD?

<ul style="list-style-type: none"> Over the Counter Medicines for a cold should not be given to children under the age of 4. For children between the ages of 4 and 6, talk to your doctor first. Children over the age of 6 can use Over the Counter Cold Medicines. <p>Newborn to 2 months old: A baby under 2 months of age with signs of a cold should be seen by a doctor. No cold medicines are safe for their age.</p>	<p>Ages 2 months to 4 years: <u>Use as directed:</u></p> <ul style="list-style-type: none"> Tylenol Motrin (only for children older than 6 months old) <p><u>Do not use:</u></p> <ul style="list-style-type: none"> Vicks Vapor Rub-It has camphor, which can cause problems with the digestive and respiratory system or it may burn the skin. Pediacare products Robitussin products Triaminic products 	<p>Ages 4 years to 6 years: <u>Use as directed:</u></p> <ul style="list-style-type: none"> Tylenol Motrin <p><u>Use only after talking to a doctor:</u></p> <ul style="list-style-type: none"> Pediacare products Robitussin products Triaminic products Dimetapp products Vicks Vapor Rub and Vicks products
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

WHAT INFORMATION DO I NEED FROM THE MEDICINE LABEL?

Active Ingredient: This is the main medicine. I should not give my child two medicines with the same active ingredient.

Uses: This tells me what it treats. Does my child have these signs of sickness?

Warnings: Reasons I should not use or stop using the medicine.

Drug Facts

Active ingredient (in each tablet)
Chlorpheniramine maleate 2 mgAntihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:
 sneezing runny nose itchy, watery eyes itchy throat

Warnings
Ask a doctor before use if you have
 glaucoma a breathing problem such as emphysema or chronic bronchitis
 trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product
 You may get drowsy avoid alcoholic drinks
 alcohol, sedatives, and tranquilizers may increase drowsiness
 be careful when driving a motor vehicle or operating machinery
 excitability may occur, especially in children

If pregnant or breast-feeding, ask a health professional before use.
Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F) protect from excessive moisture

Inactive ingredients: D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Directions: This tells me how often and how much medicine to give to my child within his or her age group.

Other information:
How to store medicine.

Inactive ingredients:
These ingredients are not the ones that make my child feel better.

Purpose:
The type of medicine.

Medicinas Sin Recetas

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COMO ESCOGER LAS MEDICINAS SIN RECETA PARA LOS RESFRIADOS

Las medicinas sin recetas para los resfriados no deben ser dadas a niños menores de 4 años de edad. Para niños entre 4 y 6 años de edad, hable con su doctor primero.

Niños sobre los 6 años de edad pueden usar medicinas sin recetas.

Recién nacidos a 2 meses de edad:
Deben ser visto por un doctor. Ningún medicamento es seguro para su edad.

Niños de 2 meses a 4 años:

Use como le indique el doctor:

- Tylenol
- Motrin (mas de 6 meses de edad)

No use los siguiente :

- Productos Vicks Vapor Rub - Contiene alcanfor, lo cual causa problemas en el sistema digestivo y respiratorio y puede quemar la piel.
- Pediacare
- Productos Robitussin
- Productos Triaminic
- Productos Dimetapp

Niños de 4 a 6 años de edad:

Use como le indique el doctor:

- Tylenol
- Motrin

Use los siguiente solamente después de haber hablado con su doctor:

- Productos Pediacare
- Productos Robitussin
- Productos Triaminic
- Productos Dimetapp
- Vicks Vapor Rub

¿QUE INFORMACION NECESITO DE LA ETIQUETA DE LA MEDICINA SIN RECE-

Ingredientes Activos : Es la medicina principal. Si quiere tomar más de una medicina con el mismo ingrediente activo usted debe de hablar son su doctor primero.

Usos: Le dice para que sirve la medicina . ¿Tiene usted estos síntomas?

Avisos:

Razones por las que no debes usar o parar el uso de esta medicina.

Indicaciones:

Le indica como tomar la medicina, cuantas veces al dia y que cantidad debe usar para la edad específica de su hijo/a.

Otra información:

Le indica donde guardar la medicina. .

Ingredientes inactivos: Estos ingredientes no son los que tratan el malestar.

Drug Facts	
Active ingredient (in each tablet) Chlorpheniramine maleate 2 mg	Purpose Antihistamine
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: <ul style="list-style-type: none"> sneezing runny nose itchy, watery eyes itchy throat 	Propósito: El tipo de medicina.
Warnings Ask a doctor before use if you have <ul style="list-style-type: none"> glaucoma a breathing problem such as emphysema or chronic bronchitis trouble urinating due to an enlarged prostate gland 	
Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives	
When using this product <ul style="list-style-type: none"> You may get drowsy alcohol, sedatives, and tranquilizers may increase drowsiness be careful when driving a motor vehicle or operating machinery excitability may occur, especially in children 	
If pregnant or breast-feeding, ask a health professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor
Other information store at 20-25° C (68-77° F)	protect from excessive moisture
Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch	

Esta etiqueta es el formato más reciente aprobado por la Administración de Alimentos y Drogas en los Estados Unidos.

WHAT I SHOULD KEEP IN MIND

Use this checklist every time you give your child their medicine.

- Have your doctor or pharmacist show you how to measure and give the medicine.
- Read the label. Pay attention to the name of the medicine and expiration date.
- Use a tool with the same units of measure that your dosage or quantity of medicine you need to give your child. For example, if you are told to give 6 cc use a tool that measures cc.
- Do not use teaspoons and tablespoons from your kitchen. Ask the doctor or pharmacist for the best tool to measure the medicine.
- Write the time you give medicine on a chart.

For suspected overdose call

911 immediately!

Community Pediatrics



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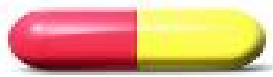
Giving Medicine to Your Child

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TYPES OF MEDICINE



Capsule



Tablet



Liquid Medicine



Ointment



Aerosol



Suppository

TOOLS FOR LIQUID MEDICINES



Dropper



Oral Syringe



Tablespoon (tbl)



Teaspoon (tsp)



Dosage Cup

UNITS OF MEASUREMENT

A dose is the amount of medicine. Medicine can be measured in different ways such as:

1. Cubic centimeters (cc)
2. Milliliters (ml)
3. Milligrams (mg)
4. Teaspoon (tsp)
5. Tablespoon (tbl)

- ml and cc measure liquid medication
- mg measures non-liquid medication. For example capsules and tablets

WHERE TO KEEP YOUR MEDICINE

- A cool, dry, dark cupboard is the best place to store medicine. Bathroom medicine cabinets can become hot and steamy causing medicines to be ruined.
- Keep medicine in a safe place and away from the reach of children.
- Put medication in a refrigerator if the label reads “**Keep Refrigerated.**”
- Always keep medication in the container that the pharmacist gives to you.

MEASUREMENTS

- 1 cc = 1 ml
- 1 teaspoon (tsp) = 5 cc = 5 ml
- 1 Tablespoon (Tbl) = 15 cc = 15 ml
- 1 Tablespoon = 3 teaspoons
- 1 ounce = 30 cc = 30 ml = 2 tbl = 6 tsp

QUE DEBO TENER EN CUENTA

Use esta lista cada vez que usted le de la medicina a su hijo o hija.

- Su doctor o farmacéutico le puede mostrar como medir y darle la medicina a su hijo o hija.
- Lea la etiqueta. Póngale atención al nombre de la medicina y la fecha de vencimiento.
- Use un instrumento con las mismas unidades que esta escrita en la dosis. Por ejemplo, si le dicen que le de 6 cc a su hijo/a, use un instrumento que mida en cc.
- No use cucharaditas y cucharadas de su cocina. Pregúntele a su doctor o farmacéutico sobre la mejor instrumento para medir la medicina.
- Escriba la hora en que usted le da la medicina a su hijo/a.

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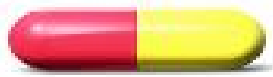
Como Dar La Medicina

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Si tiene sospecha que hay una
sobredosis llame al 911
inmediatamente!

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TIPOS DE MEDICINAS



Capsula



Tableta



Medicina Líquida



Pomada



Aerosol



Supositorio

INSTRUMENTOS PARA MEDIR



Gotero



Jeringuilla Oral



Cucharada



Cucharadita



Vasito de Dosis

UNIDADES DE MEDIR

Una dosis es la cantidad de medicina que debe tomar. Hay maneras diferentes para medir medicina:

1. Centímetros cúbicos (cc)
2. Mililitros (ml)
3. Miligramos (mg)
4. Cucharada (Tbl)
5. Cucharadita (tsp)

- ml y cc se usan para medir las medicinas en líquidos
- mg se usa para medir las medicinas en la forma de capsula o tableta

DONDE USTED PUEDE PONER SU MEDICINA

- El mejor lugar donde puede guardar la medicina es en un lugar oscuro, fresco, y seco. Los botiquines de medicinas en el baño pueden estar calientes y húmedos, lo cual puede dañar las medicinas.
- Mantenga la medicina en un lugar seguro fuera del alcance de niños.
- Ponga la medicina en el refrigerador cuando la etiqueta se lo indique.
- Siempre mantenga la medicina en el envase que le dio el farmacéutico.

MEDIDAS

- ◆ 1 cc = 1 ml
- ◆ 1 cucharadita (tsp) = 5 cc = 5 ml
- ◆ 1 cucharada (Tbl) = 15 cc = 15 ml
- ◆ 1 cucharada = 3 cucharaditas
- ◆ 1 onza = 30 cc = 30 ml = 2 Cucharadas = 6 cucharaditas

Ask Yourself These Questions:

- Will this home remedy not let my child's prescribed medicine work the way it is suppose to work?
- Does this home remedy have toxic levels of metals such as Lead and Mercury?
- Does it have other things in it besides natural ingredients that might be harmful to my child's health?
- Is my child old enough to take this home remedy? If so, how much of it would be safe to give to him or her?

Home Remedies & Herbal Medicines

Talk to Your Doctor

It is important to talk to your doctor about the use of home remedies. Keep in mind that your doctor should not judge you. Therefore, share your personal experiences in using home remedies with your doctor!

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Important Things to Know About Home Remedies

Home remedies can be an important part of your child's treatment. It should be used with care as you would any other medicine. Using herbal or home remedies to help your child get better may be a choice that you would like to have. It is important to think about the benefits and risks when making a decision to use home remedies. Keep in mind that although some home remedies may be o.k. to use for specific ages, some may hurt children. Therefore, ask yourself the questions listed on the back of this brochure.

Common Home Remedies used in Central America

Remedy Important information

Greta	Commonly used to treat stomach aches. This remedy has Lead in it, which can cause problems in the brain and blood.
Azogue/ Vidajen	Used as a way to protect from evil eye and is also used to treat a stomachache. This remedy has Mercury in it, which can harm the brain and nervous system..
Albayalde	Used to treat upset stomach that can lead to vomiting. This medicine can make a person very tired and have no interest in anything.

Common Home Remedies Used in the Caribbean

Remedy	Important Information
Humphrey's # 3	Used to treat pain that comes with teething. This remedy contains caffeine and Belladonna. It is better not to use it. You should stop using it if you notice side effects.
Miel de la Rosa	This remedy has honey. It should not be given to children under the age of one because it can cause an infection that can lead to paralysis.
Sancochito	Used to treat the flu and congestion. This remedy has castor oil and can cause diarrhea. It should only be used in recommended amounts.
Sebo de Flandes	This remedy is often mixed with Bronquina and Camphor. Camphor is a toxic ingredient that can cause digestive, respiratory problems or skin burns. It should be kept away from the nose and mouth.
Tussibron Compuesto	Used to treat congestion and cough. This remedy contains antibiotics, which should not be used if it was not ordered by your doctor. Tell your doctor if you are giving your child this medicine.

Common Home Remedies Used in the Caribbean

Remedy	Important Information
Anise	Used to treat digestive problems, toothaches, and colic in babies. Star Anise is a different type of anise and it is harmful for children when swallowed.
Bronquina	Used to treat asthma, colds, congestion, and fever. This remedy may be harmful and should not be swallowed. It should be kept out of the reach of children.
Cordial De Monell	Used to treat toothaches in babies. This remedy has bromide, which causes sleepiness. It should not be given to your child.
Honey	Used to treat constipation and colds. This remedy should not be given to children under the age of one because it can cause an infection that can lead to paralysis.. If it is mixed with onions it should be taken within three days.

Hágase las siguientes preguntas

- ¿Evitará este remedio casero de que la medicina recetada por el médico trabaje como deba de trabajar?
- ¿Tendrá este remedio casero niveles tóxicos de metal como el mercurio y el plomo?
- ¿Tendrá algunas otras cosas aparte de los ingredientes naturales que puedan ser dañinos para la salud de mi niño/a?
- ¿Será mi niño/a suficientemente mayor para tomar este remedio? Si lo es, ¿qué cantidad es segura para darle a mi niño/a?

Remedios Caseros

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Hable con su doctor

Es importante hablar con su doctor sobre el uso de remedios caseros. Tome en cuenta que su doctor no debe juzgarlo. Por eso, comparta sus experiencias sobre el uso de remedios caseros con sus doctores!

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Cosas importantes de saber sobre los remedios caseros

Remedios caseros pueden ser una parte importante en el tratamiento de la salud de su hijo/a. Los remedios caseros deben ser usados con cuidado al igual que otros tipos de medicinas. El uso de remedios caseros o hierbas para ayudar a su hijo/a puede ser una opción que usted quiera tener. Es importante que piense en los beneficios y riesgos que estos remedios puedan tener antes de dárselo a su niño/a. Tome en cuenta que aunque algunos remedios se pueden usar para personas de ciertas edades, algunos remedios pueden ser dañinos para los niños. Por lo tanto, hágase las siguientes preguntas que están ubicadas detrás de este folleto antes de darle el remedio casero a su niño/a:

Remedios caseros generalmente usados en Centro America

Remedio Información Importante

Greta	Usado para tratar los dolores de estómago. Este remedio contiene plomo, lo cual puede causar problemas en el cerebro y la sangre.
Azogue/ Vidajen	Se usa como amuleto para tratar el mal de ojo y también el dolor de estómago. Este remedio contiene mercurio, lo cual puede ser dañino para el cerebro y el sistema nervioso.
Albayalde	Se usa para el dolor de estómago que resulta en vómitos. Las personas afectadas demuestran estar muy cansadas y no tener interés en nada.

Remedios caseros generalmente usados en el Caribe

Remedio Información Importante

Humphrey's # 3	Se usa para tratar el dolor de encía causado por la salida de los dientes. Este remedio contiene cafeína y belladona. Es mejor no usarlo. Si observa efectos secundarios, deja de usarlo inmediatamente.
Miel de la Rosa	Este remedio contiene miel de abeja. No se le debe dar a niños que tengan menos de un año de edad porque le puede causar una infección que resulte en parálisis.
Sancochito	Se usa para tratar la gripe y la congestión. Este remedio contiene aceite de ricino y puede causar diarrea. Sólo utilice la dosis recomendada.
Sebo de Flandes	Este remedio es mezclado con bronquina y alcanfor. El alcanfor es un ingrediente toxico que causa problemas digestivo y respiratorio o quema la piel. Debe de mantenerse lejos de la nariz y la boca.
Tussibron Compuesto	Se usa para tratar la congestión y tos. Este remedio contiene antibióticos, lo cual no debe de usar sin la receta de su doctor. Déjele saber a su pediatra si usted le está dando este remedio a su hijo/(a).

Remedios caseros generalmente usados en el Caribe

Remedio Información Importante

Anís	Se usa para tratar problemas digestivos, dolores de muelas y cólicos en los bebés. Anís estrellado es otro tipo de anís y es tóxico para los niños si se los traga.
Bronquina	Se usa para tratar el asma, resfriados, fiebre, y congestión. Este remedio puede ser tóxico y no debe tomarse. Debe mantenerse fuera del alcance de los niños.
Cordial De Monell	Se usa para tratar el dolor de dientes en los bebés. Este remedio contiene bromuro, lo cual causa sueño. Puede ser peligroso para los niños y no se debe usar.
Miel	Se usa para tratar el estreñimiento y los catarros. Este remedio no se le debe dar a los niños menores de un año de edad, porque puede causar una infección que resulte en parálisis. Si se mezcla con cebolla, se debe usar dentro de tres días.







HEAL
**Health Education &
Adult Literacy
PROGRAM**
Medication Logs

WHEN TO GIVE MY CHILD THEIR MEDICINE

Name of medicine: _____ How much medicine: _____





How to give medicine: _____

	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM
DAY 1 Day of the week: _____				
DAY 2 Day of the week: _____				
DAY 3 Day of the week: _____				
DAY 4 Day of the week: _____				
DAY 5 Day of the week: _____				
DAY 6 Day of the week: _____				
DAY 7 Day of the week: _____				
DAY 8 Day of the week: _____				
DAY 9 Day of the week: _____				
DAY 10 Day of the week: _____				

Cuando Darle La Medicina a mi Niño/a




Medicamentos: _____ Qué cantidad de medicina: _____

Como dar la medicina: _____

	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM	 <input type="text"/> : <input type="text"/> <input type="text"/> AM <input type="text"/> PM
DIA 1: _____ (fecha)				
DIA 2: _____ (fecha)				
DIA 3: _____ (fecha)				
DIA 4: _____ (fecha)				
DIA 5: _____ (fecha)				
DIA 6: _____ (fecha)				
DIA 7: _____ (fecha)				
DIA 8: _____ (fecha)				
DIA 9: _____ (fecha)				
DIA 10: _____ (fecha)				

WHEN TO GIVE MY CHILD THEIR MEDICINE

Name of medicine: _____ How much medicine: _____

	Breakfast 	Lunch 	Dinner 
DAY 1 Day of the week: _____			
DAY 2 Day of the week: _____			
DAY 3 Day of the week: _____			
DAY 4 Day of the week: _____			
DAY 5 Day of the week: _____			
DAY 6 Day of the week: _____			
DAY 7 Day of the week: _____			
DAY 8 Day of the week: _____			
DAY 9 Day of the week: _____			
DAY 10 Day of the week: _____			

Quando darle la medicina a mi hijo o hija


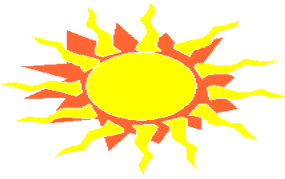

Medicamento: _____

Qué cantidad de medicina: _____

	Con el desayuno 	Con el almuerzo 	Con la cena 
DIA 1 Dia de semana: _____			
DIA 2 Dia de semana: _____			
DIA 3 Dia de semana: _____			
DIA 4 Dia de semana: _____			
DIA 5 Dia de semana: _____			
DIA 6 Dia de semana: _____			
DIA 7 Dia de semana: _____			
DIA 8 Dia de semana: _____			
DIA 9 Dia de semana: _____			
DIA 10 Dia de semana: _____			

WHEN TO GIVE MY CHILD THEIR MEDICINE


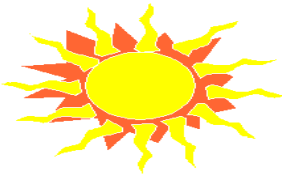

Name of medicine: _____ How much medicine: _____

	Morning 	Noon 	Night 
DAY 1 _____ date			
DAY 2 _____ date			
DAY 3 _____ date			
DAY 4 _____ date			
DAY 5 _____ date			
DAY 6 _____ date			
DAY 7 _____ date			
DAY 8 _____ date			
DAY 9 _____ date			
DAY 10 _____ date			

Note: Ask your doctor if the medication is to be given in 12 hour or 24 hours.

Quando darle la medicina a mi hijo o hija

Medicamentos: _____ Qué cantidad de medicina: _____

	Día 	Tarde 	Noche 
DIA 1: _____ (Fecha)			
DIA 2: _____ (Fecha)			
DIA 3: _____ (Fecha)			
DIA 4: _____ (Fecha)			
DIA 5: _____ (Fecha)			
DIA 6: _____ (Fecha)			
DIA 7: _____ (Fecha)			
DIA 8: _____ (Fecha)			
DIA 9: _____ (Fecha)			
DIA 10: _____ (Fecha)			

Pregúntale a su medico si debe dar la medicina durante 12 horas o 24 horas.