OTC Measurement Requirements
Presented by: Campbell University’s APHA OTC Literacy Committee

**Why The Label Matters:**
- The label appears on all OTC medications that can be purchased without a doctor’s orders.
- Give the purpose of the medication along with who should take it and the recommended dose.

**Exact Dose?**
- It is important to get an accurate measurement when taking OTC products.
- The label will tell you how much medicine you should take based on your age and/or weight.
- Measuring spoons and other household spoons should not be used to measure a dose of medicine due to their many shapes and sizes.

**Why is OTC Med Safety Important?**
- Self medicating has become common
- Growing range of nonprescription drugs for a large variety of complaints
- OTC medication use is safe and effective when used correctly
- Problems arise when taken incorrectly

**Understand the Label**
- Active Ingredients that make the medicine work and their uses
- Safety information including side effects and warnings
- Directions on the amount of medicine to take and how often to take it
Safety Tips for OTC Medication

- Always follow label
- Correct use and dose
- Measure carefully
- Use proper dosing device
- Ask a pharmacist, doctor, or nurse if you have ANY questions
- Store all medicines “up and away” out of reach and sight of children
- Know the active ingredient
- Do not take multiple products with same active ingredient

References
