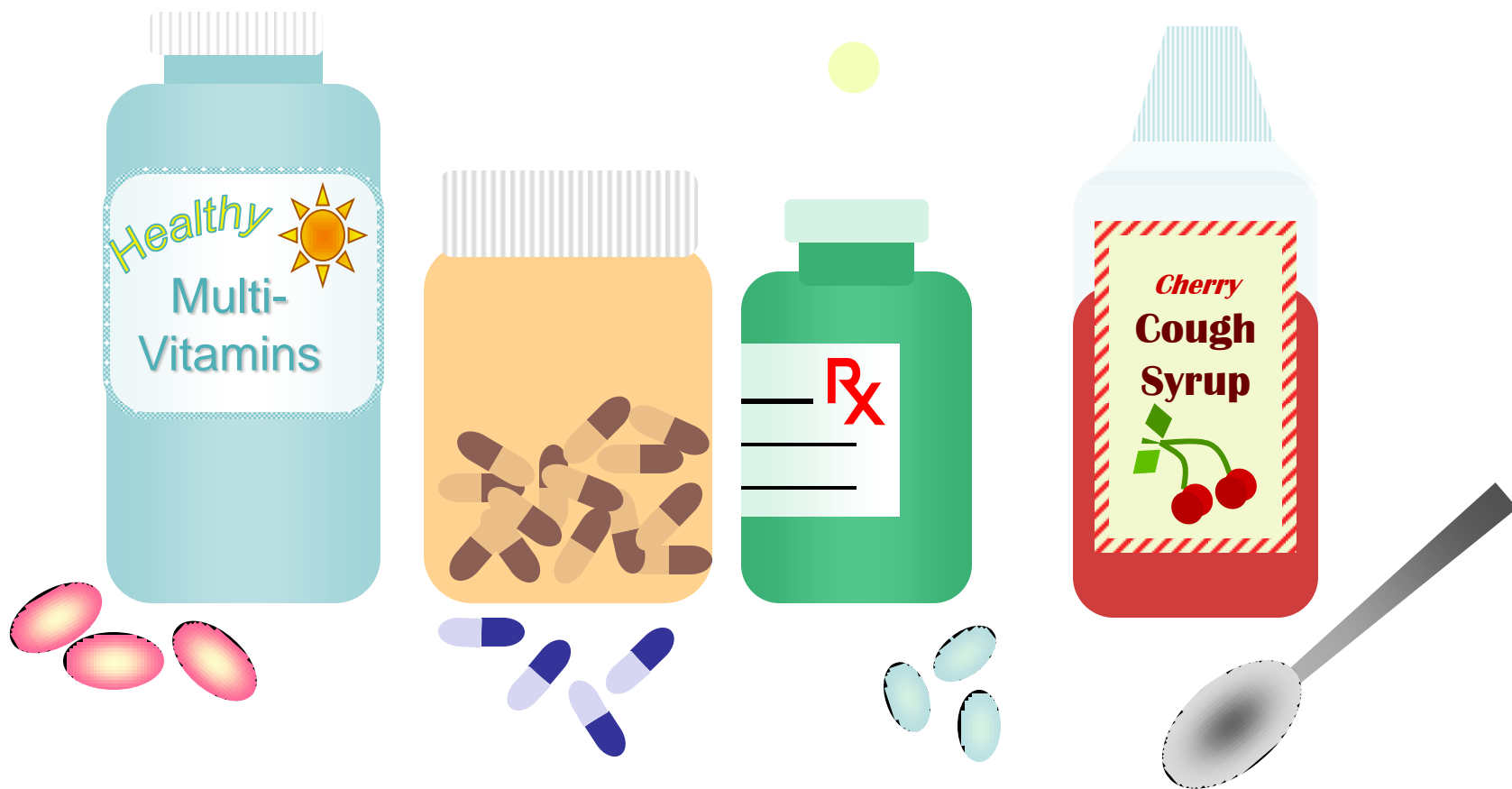
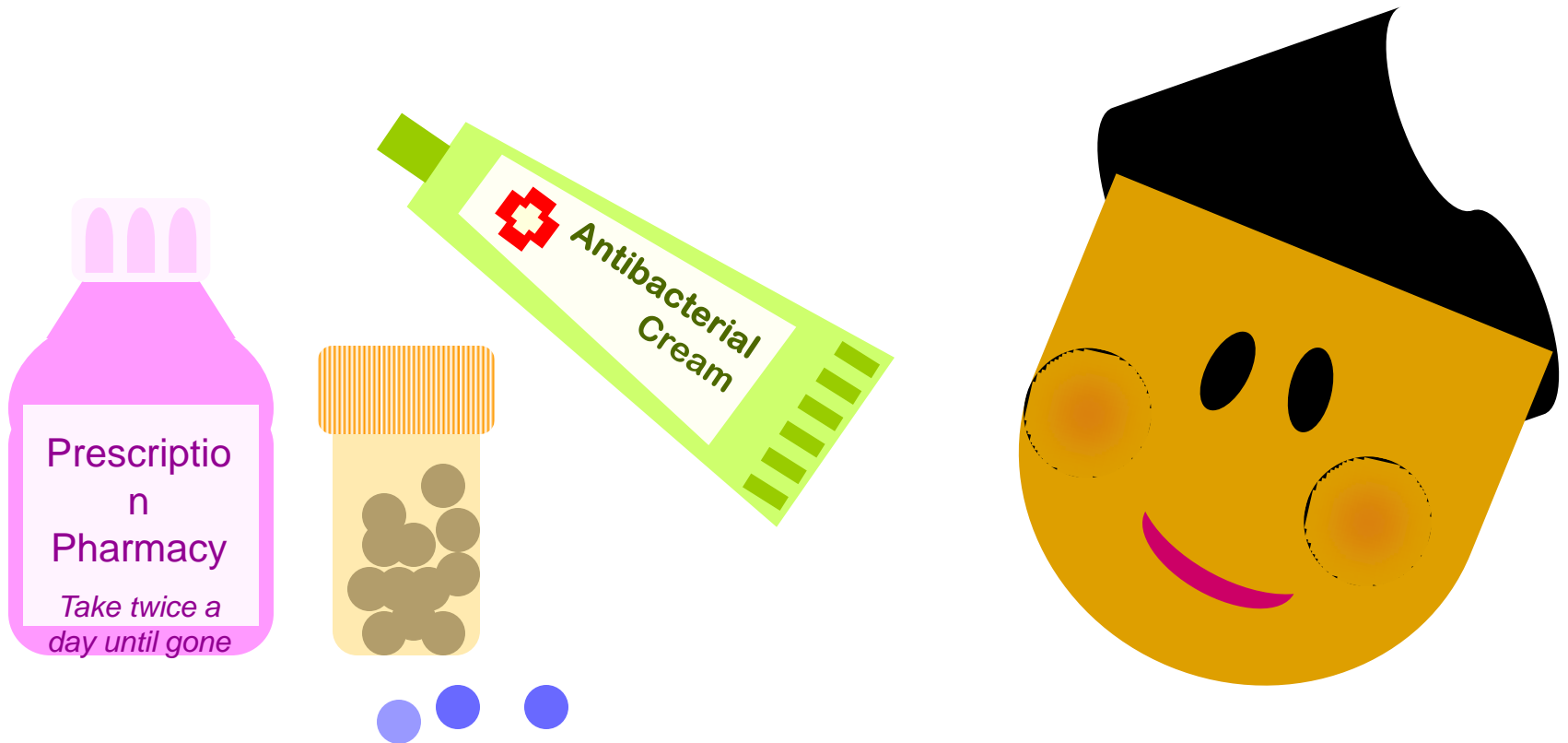


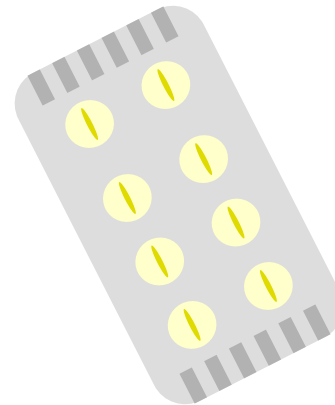
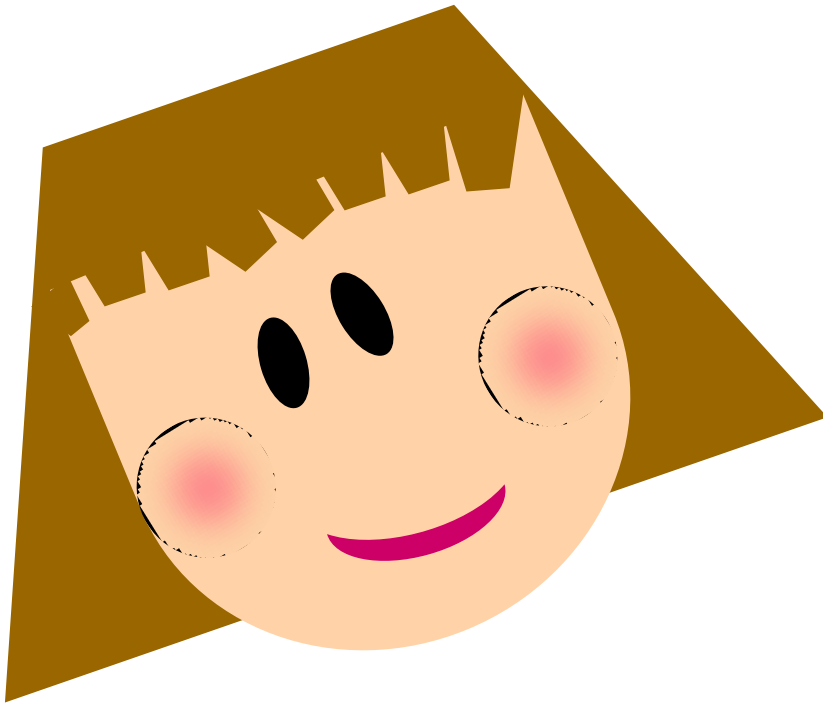
# Taking My Meds



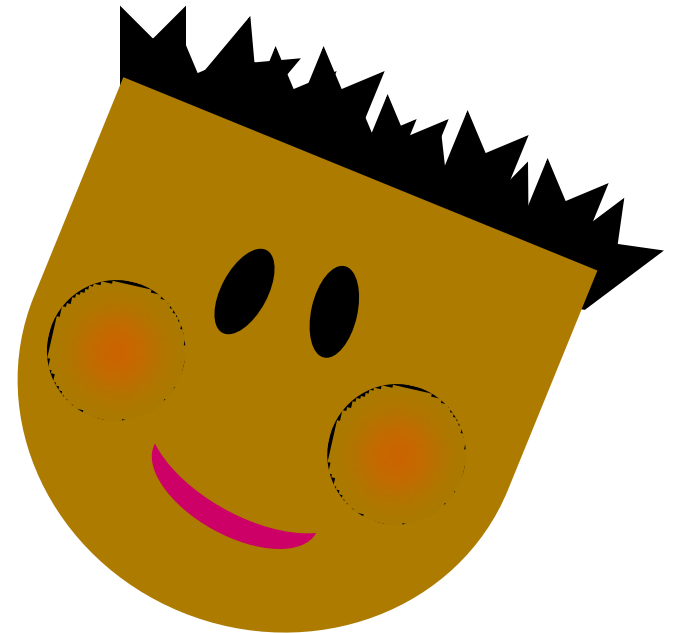
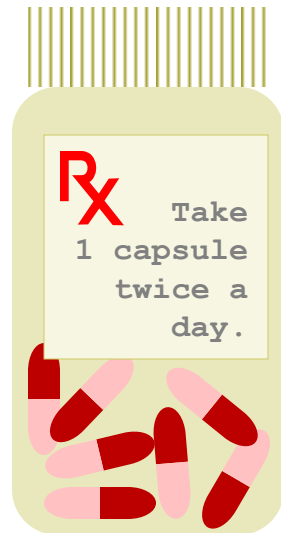
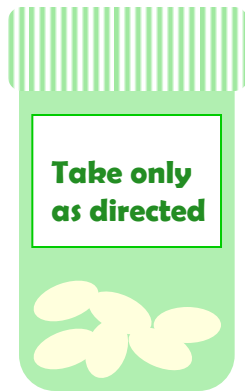
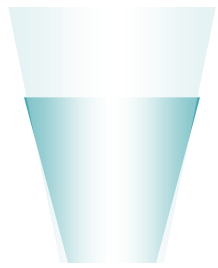
Kids take medications for lots of different reasons.



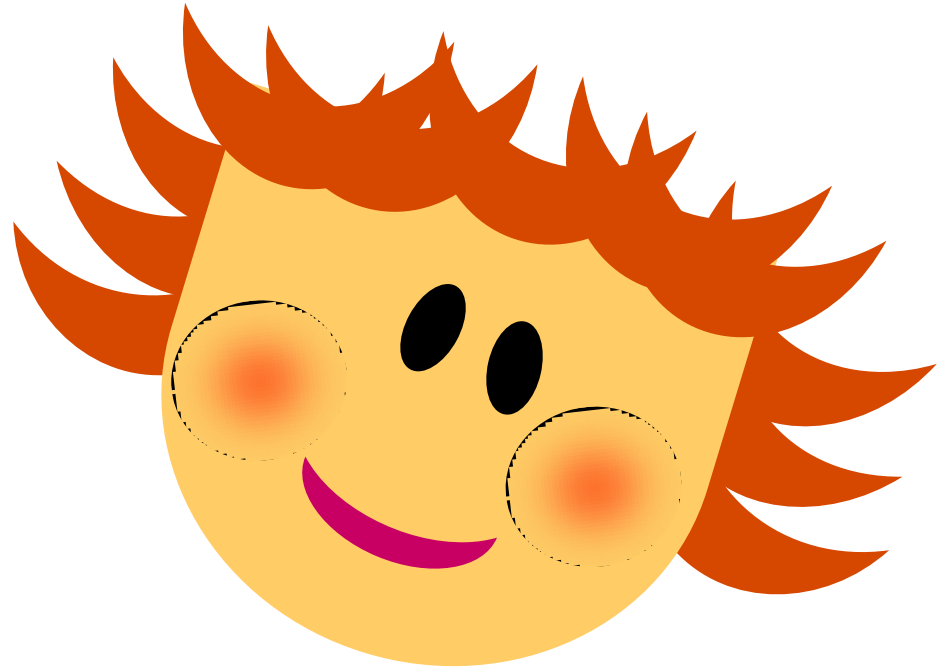
They might take them because the medications  
make them feel or breathe better.



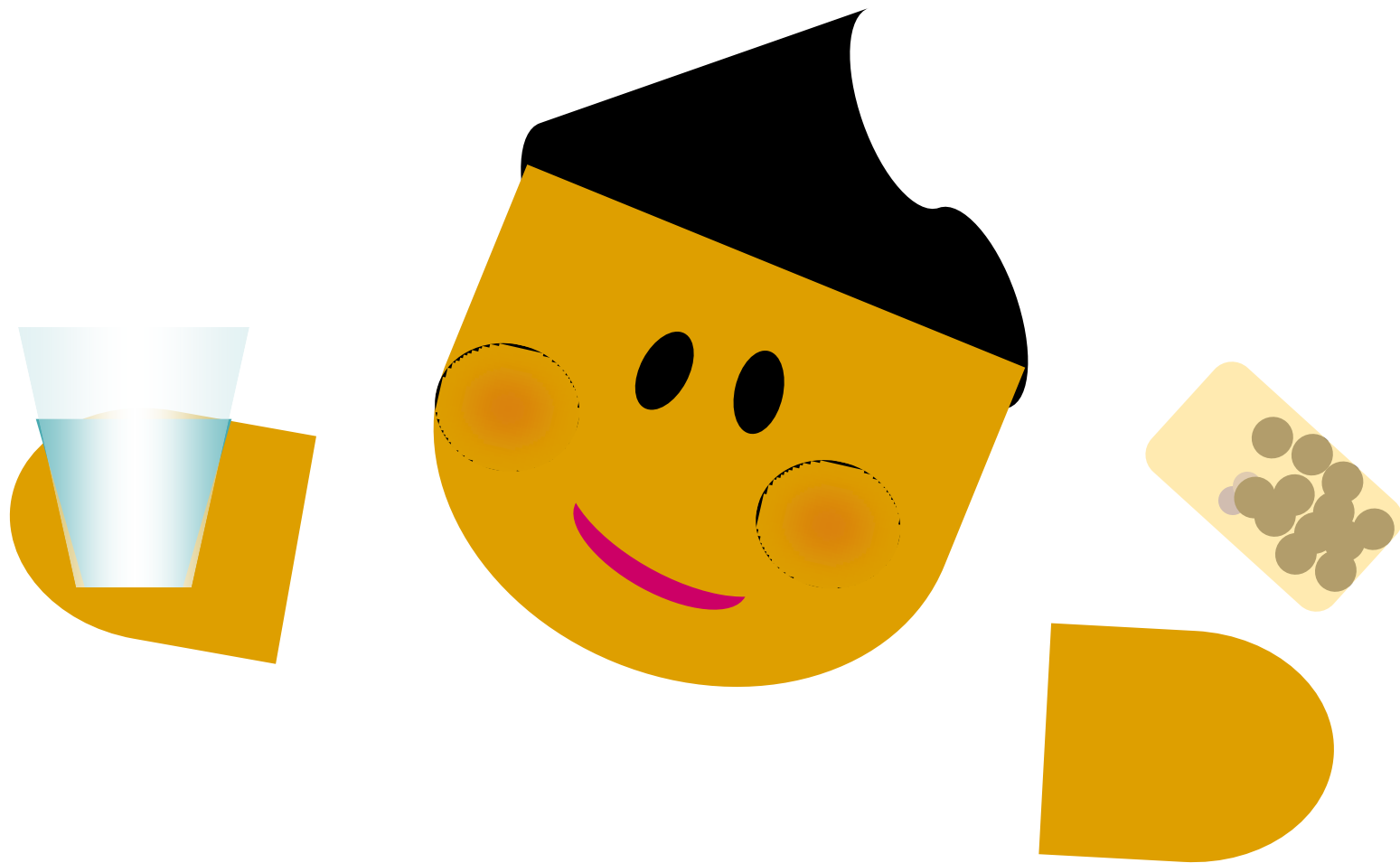
Some kids take medications to help them learn better.



Other kids take medications to help them sleep better.

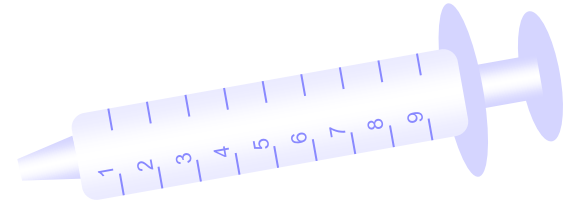
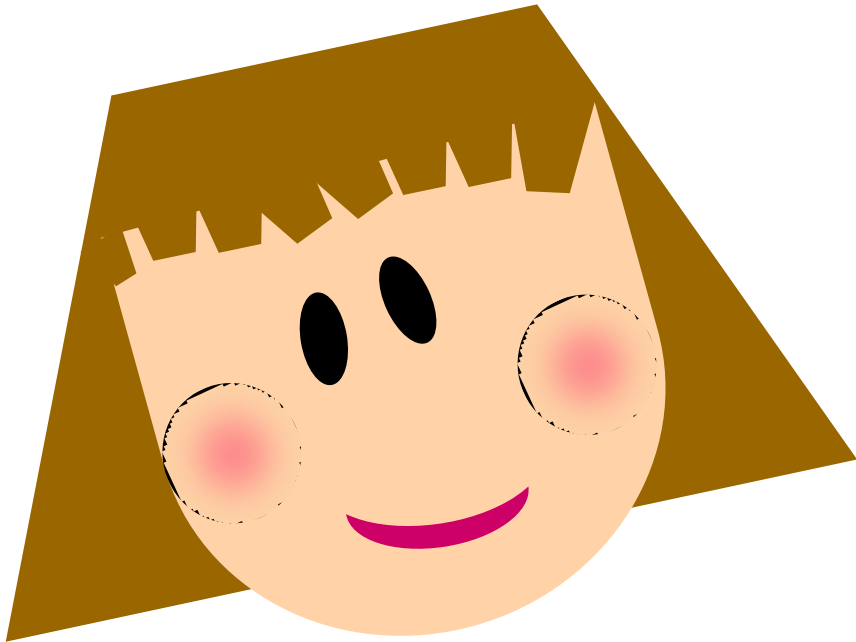


Some medications are taken as pills.

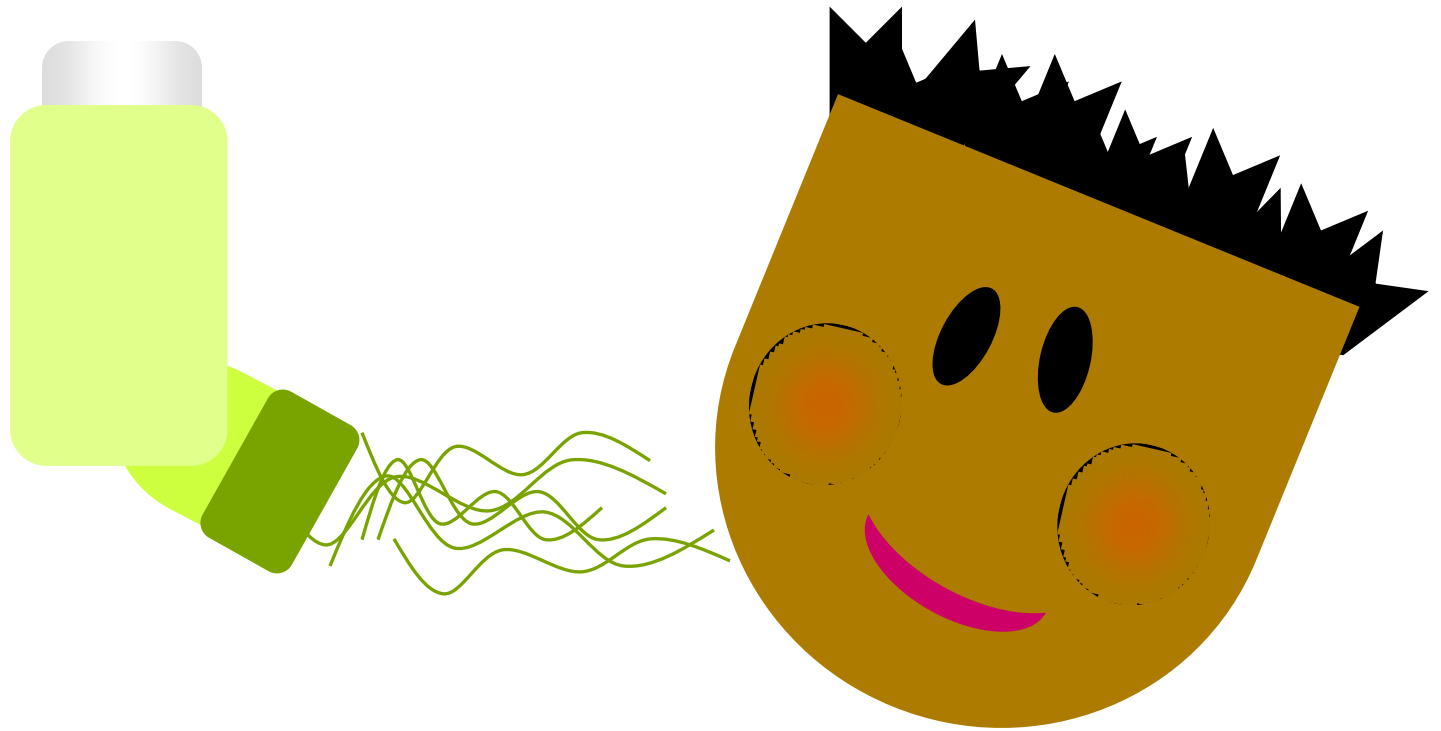


Other medications are liquid.

You can take them with an oral syringe that comes with your medicine or ask your pharmacist for one.

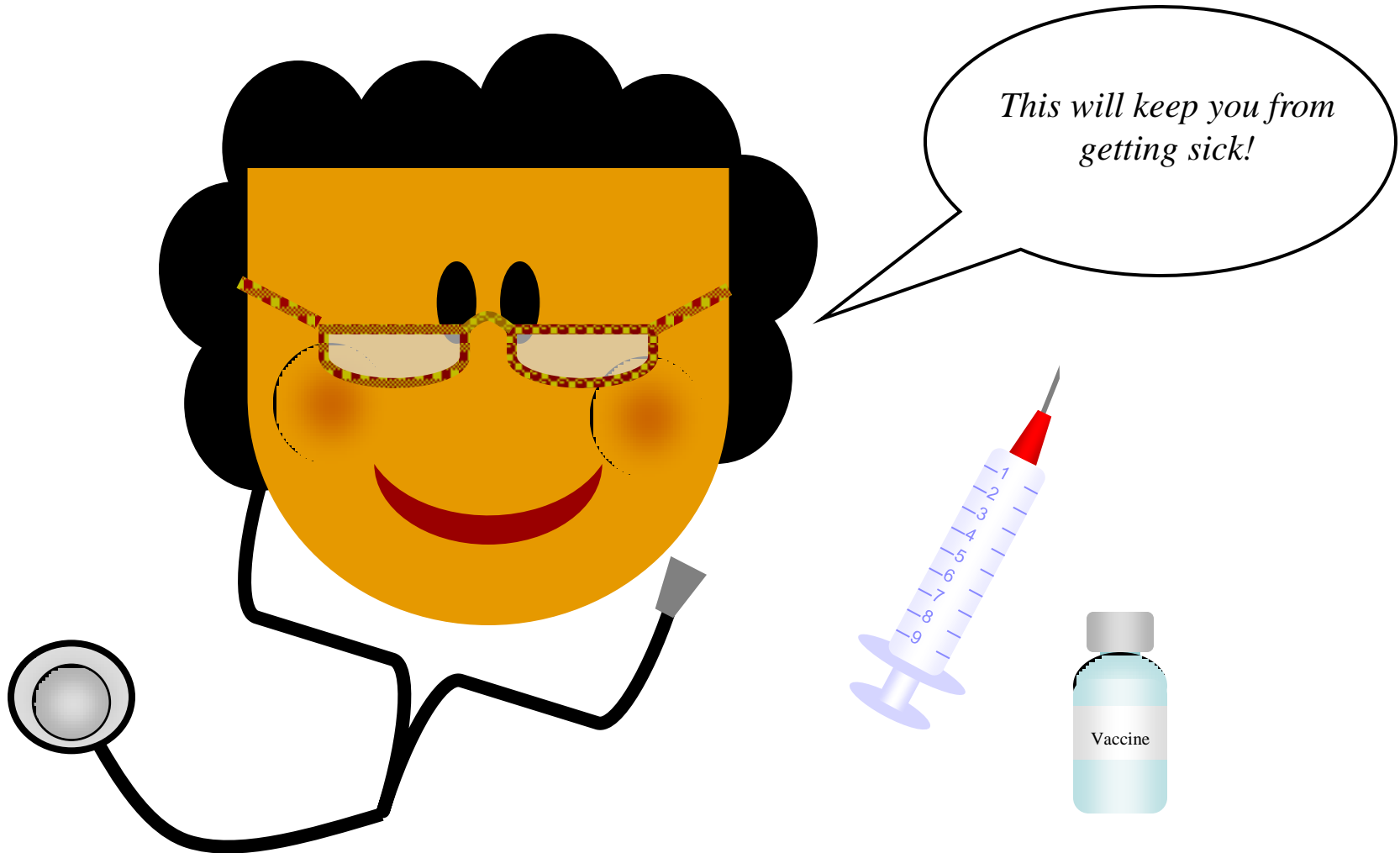


Some medications that help kids breathe are taken with an inhaler.

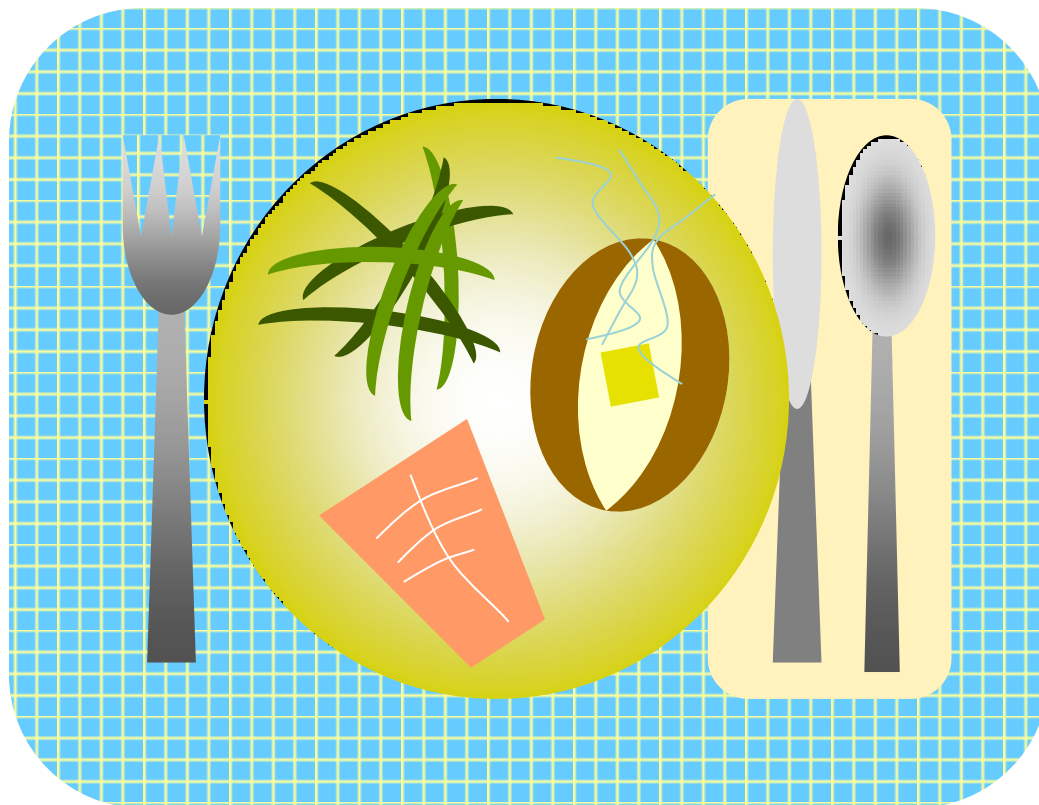




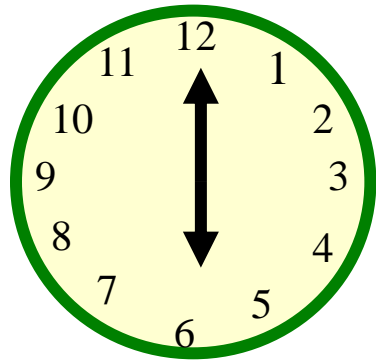
Sometimes a doctor or nurse has to give medication as a shot.



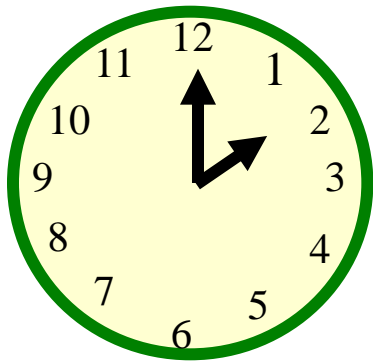
Some medications have to be taken with water or food.



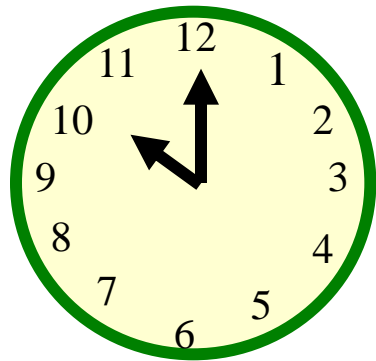
Some medications have to be taken at the same time every day.



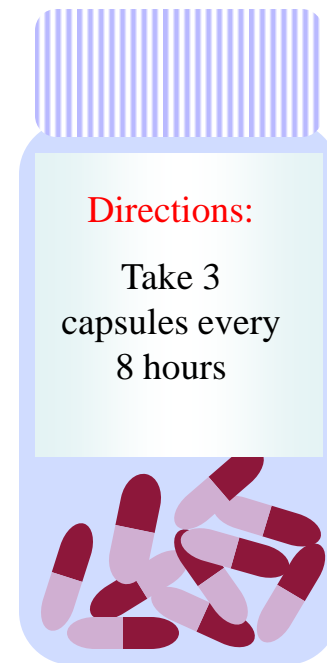
6:00



2:00



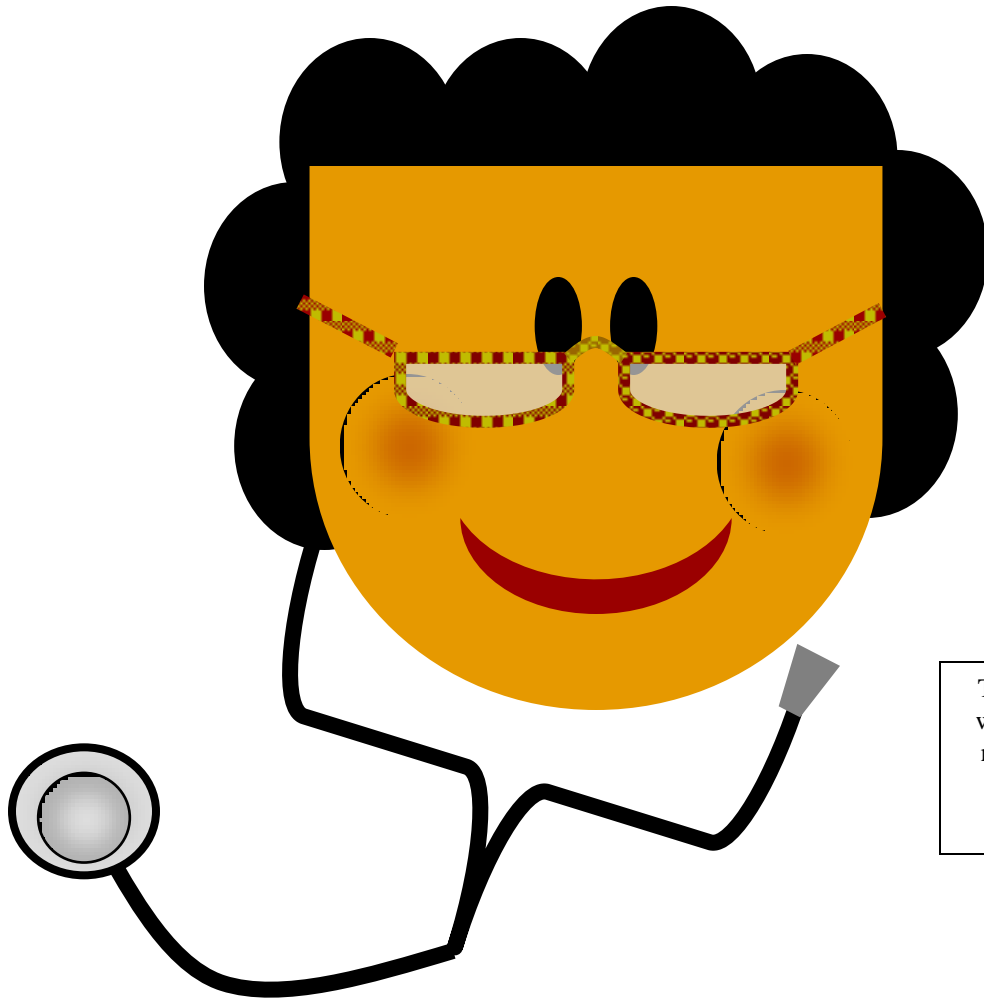
10:00



All medications should be taken only as directed on the label.



Only take medication when your doctor says you need it.



*Only take this medication when you can't sleep!*

The doctor writes your name here


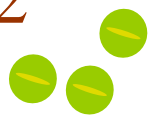


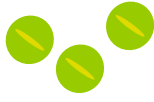

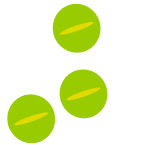
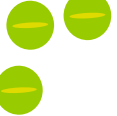




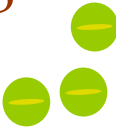
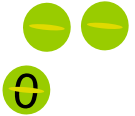
Dr. I. M. Fine

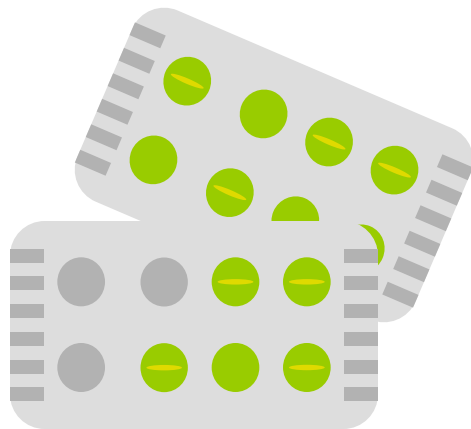


*Prescription for Medication*

Refills: 1 2 (3) 4

Take each full dose until the medication is gone.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 



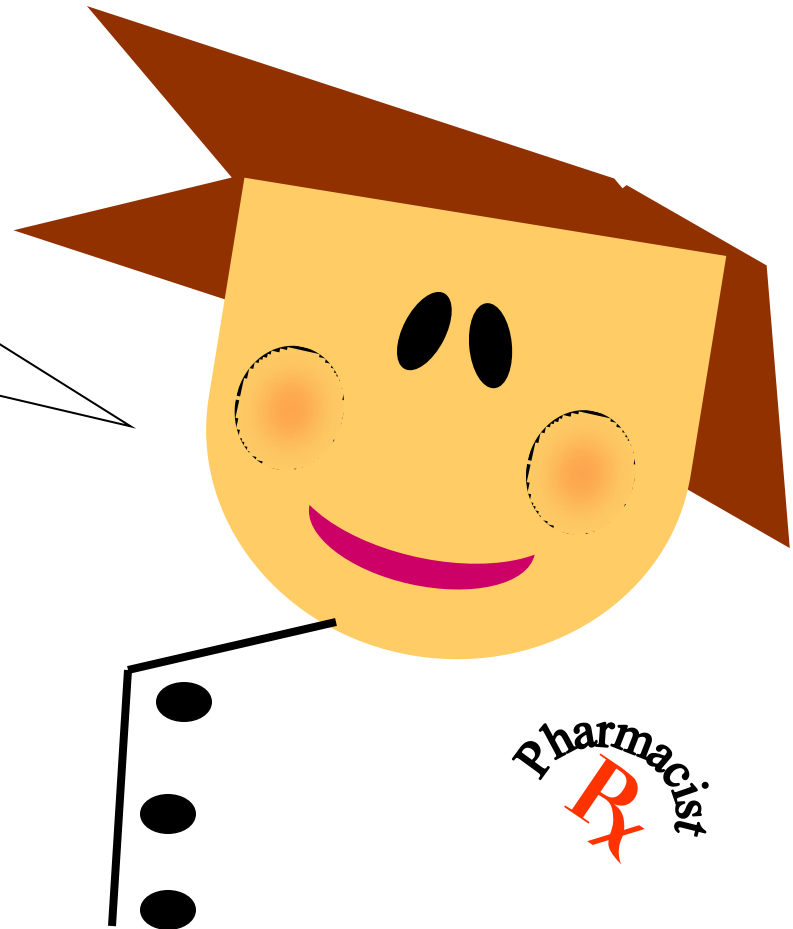
Your medication is only for you!

*Don't give it to someone else*

*and don't take any that isn't yours.*

*Your name and  
birth date will be  
on the label!*

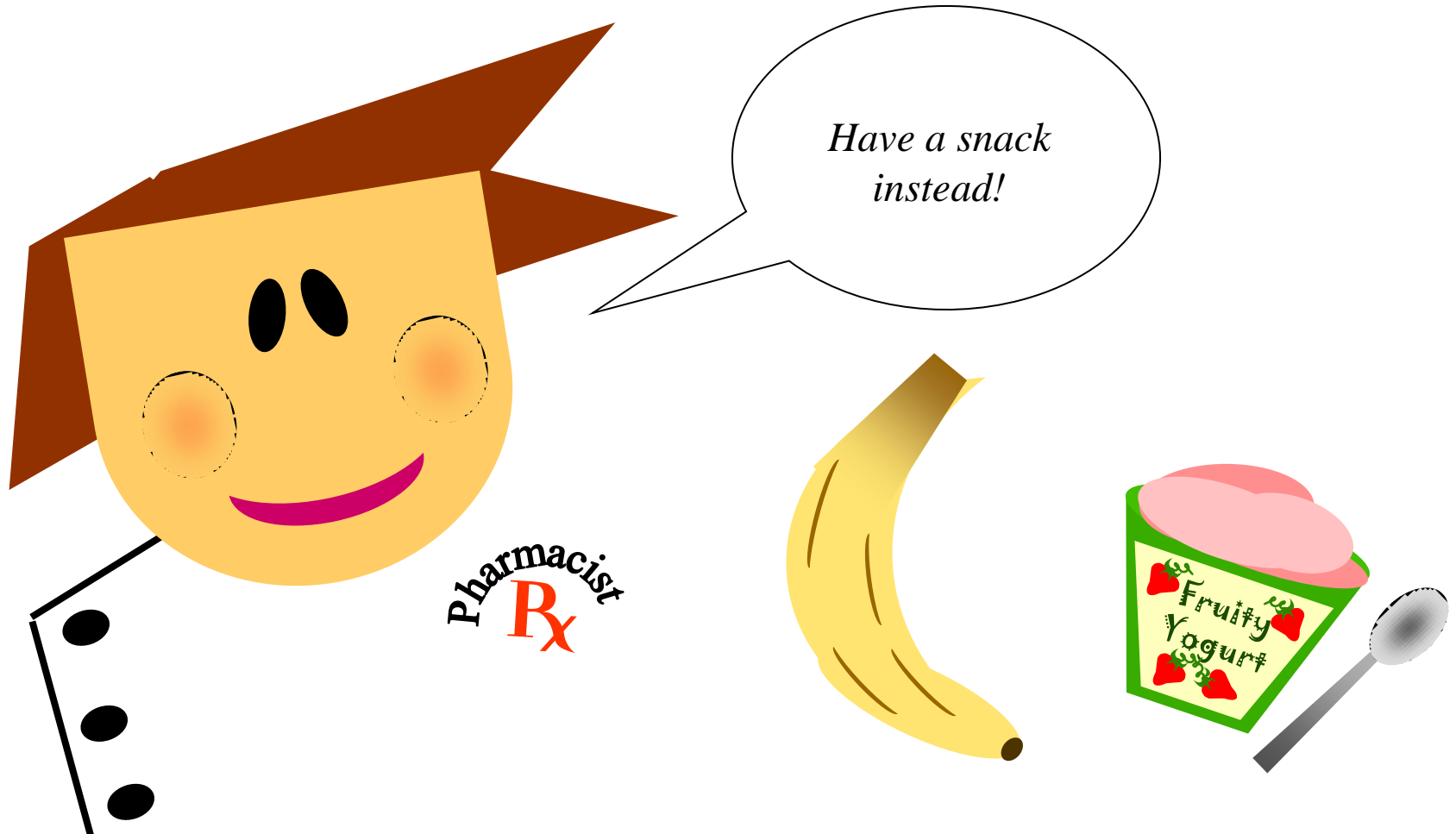
The pharmacist  
writes your  
name and  
birthday here



Pharmacist  
Rx

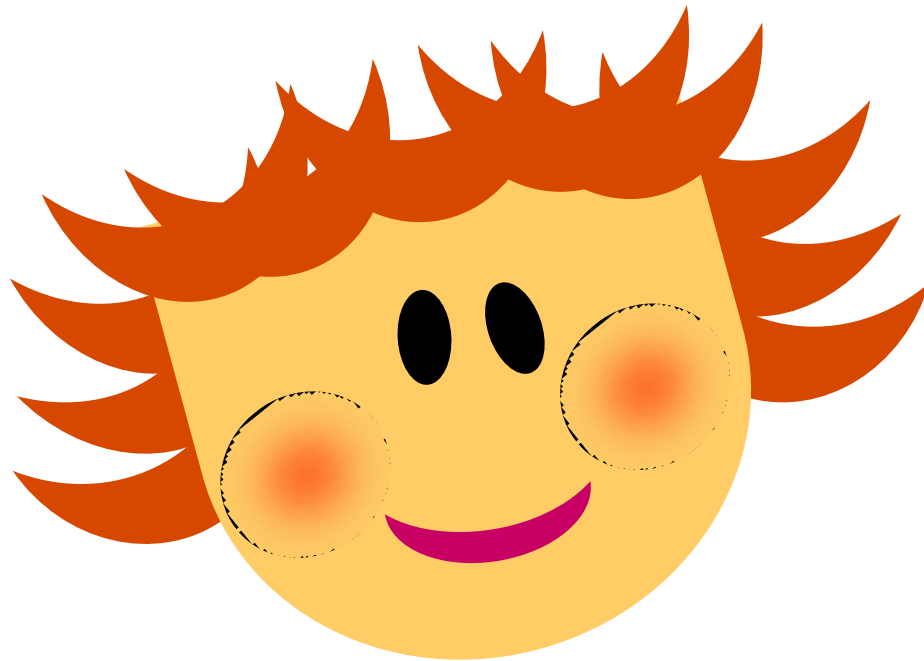
Medication isn't food.

Don't take it because you are hungry or want to taste it.





Tell someone if you think a medication is making you feel sick or tired.

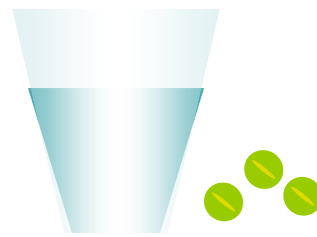


This medication makes me feel very sleepy!

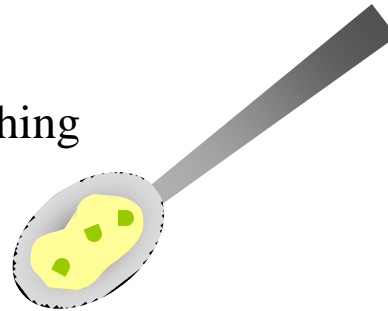


# Here are some things I can do to make taking my meds a little easier.

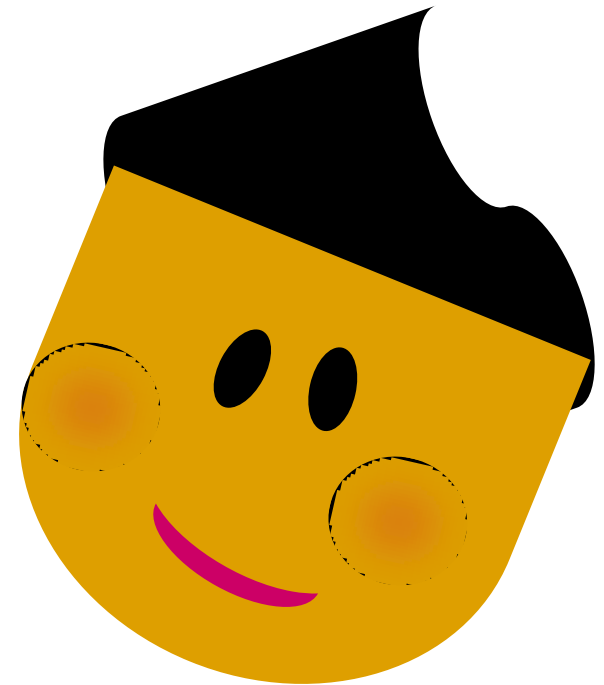
Just put them in the back of my mouth and take a big drink of water – don't chew!



Take them with a spoonful of something tasty like applesauce or ice cream



Rinse my mouth with juice after swallowing the medication



*Developed by the healthy folks at*

**The University of South Florida**

**Center for Autism  
and Related Disabilities**

**1-800-333-4530  
(813) 974-2532**

**<http://card-usf.fmhi.usf.edu>**

