

Over the Counter Drugs

A Guide for Parents

Over the Counter (OTC) Drugs are drugs that are easily accessible and purchased without a prescription, such as cold and cough medicines (Coricidin, Triaminic, Tylenol), aspirin (Ibuprofen, Motrin, Tylenol), and motion sickness pills (Dramamine).

OTC drugs are dangerous, addicting and life damaging. Misuse of these drugs can cause euphoria (feeling drunk or high), hallucinations, irregular heartbeats, impaired judgement and motor coordination. Always examine medication labels for proper use, dosage, potential side effects and warnings. Fatal overdosing can occur.

How to prevent misuse of OTC medications:

- Do not stockpile medications.
- Store them out of reach and sight from children.
- Secure them in lockboxes or locked drawers.
- Disposed of unused medications properly.

Online Parent Resources:

- Consumer Med Safety - www.consumermedsafety.org
- Scholastic OTC Med Safety - www.scholastic.com/otcmedsafety
 - Hidden Home Hazards - interactive activity
 - OTC Medicine Safety for Families - newsletter
 - The Perfect Project: Medicine Safety in Real Life - digital storybook
- Historical Triangle Drug Prevention Coalition - www.uwvp.org/htdpc
 - Safe Medication Disposal Sites
 - Teen Medicine Abuse Fact Sheet

Where to go for help:

- Poison Control - (800) 222-1222
- Colonial Behavioral Health - call (757) 220-3200 or visit www.colonialbh.org
- SAMHSA Behavioral Health Treatment Locator - www.findtreatment.samhsa.gov



For more
information contact
Prevention Services
at prevention @
colonialbh.org.

