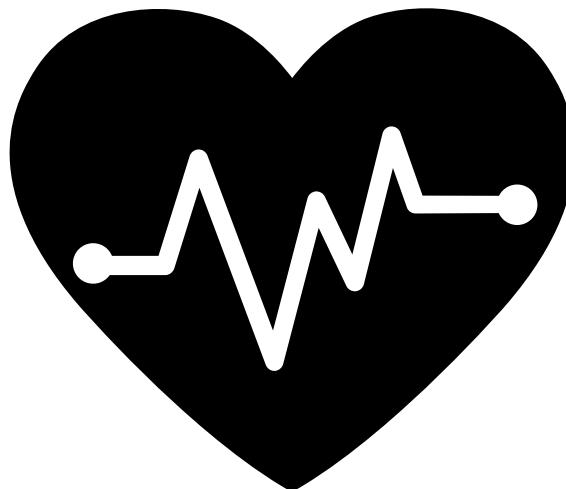


Refugee X HEALTH PAMPHLET

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Over-the-Counter (OTC) Medication Guide - FOR ADULTS

- You can buy these medicines at the store and do not need a prescription from the doctor. You can talk to the pharmacist if you need help.
- Tell your doctor at your appointment if you take these medicines.
- If you are pregnant or breastfeeding, ask your doctor before taking these.
- Keep in a cabinet away from children.
- If you are using every day for more than 2 weeks, tell your doctor.

Pain, Headache



- Pain from cramps, sprains, headache, sore throat, arthritis
- Acetaminophen comes in 2 strengths - 325mg or 500mg
- Take 1-2 every 4-6 hours as needed for these medicines. Do not take at the same time.
- Other things to reduce pain: use heat or cold; if muscle - use muscle rub; if swelling - raise up
- For muscle rub: apply to the affected area no more than 3 to 4 times a day as needed.

Fever



- Acetaminophen comes in 2 strengths - 325mg or 500mg
- Take 1-2 every 4-6 hours as needed for these medicines. Do not take at the same time.
- Other things: can use cold towels on your body; cool shower; drink liquids (water, juice, Gatorade)
- Helps to decrease coughing by breaking up mucus.
- Best treatment is to drink lots of liquids.
- NOTE: Best to use medicine with Guaiifenesin or Dextromethorphan and NOT both together.
- You can also drink warm water with honey.

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Congestion, Stuffy Nose Combination Medicines for Cold/Flu

Allergies



- This will be found BEHIND the pharmacy counter BUT does not need a prescription. Talk to the pharmacist.
- Can take this if your nose is blocked. Take 1 tablet every 4-6 hours as needed.
- Nasal sprays are not recommended because they can cause congestion to come back or headaches.
- This can also be used with allergy medicine (see allergy section) to help with allergies.

- Many of the medicines above can be found in combination (lots of medicines in 1 tablet). It is best to take the medicines separately. If you take a combination medicine, do not take any other of the same types of medicines at the same time.

- Allergies can be bad in Austin. They might show up with itchy skin & eyes or a runny nose & scratchy throat.
- If you have mucus in your throat it might make you have a sore throat.
- Take a shower/bath and wash hair every day to wash pollen. Change clothes after coming from outside.

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Allergies



- If you have itchy eyes, use a tablet one time a day and eye drops in each eye two times a day.
- If you have a runny or stuffy nose or mucus in your throat, use a tablet one time a day and nose spray one time a day.

Sore Throat



- You can use these, hard candies, or hot liquids (tea, coffee) to help a sore throat.
- Try to find ones with less sugar.
- See pain medicine section for tablets that might help.

Nausea, Vomiting, Diarrhea



- Good for upset stomach, nausea, diarrhea. Has aspirin so be careful if you are allergic.
- DO NOT GIVE THIS TO KIDS LESS THAN 12 YEARS OLD
- For diarrhea: Good to drink if you cannot eat because you are vomiting or have diarrhea.

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Motion Sickness



- Can be used before traveling if you get motion sick (nausea or vomiting with motion) or if you have nausea after traveling.
- 1 tablet 30-60 minutes before activity OR 1 tablet every 4-6 hours for nausea/dizziness.

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Rash



- Clean area and apply small amount to dry skin where rash is. Can apply 2-3 times a day.
- You can also use petroleum jelly (Vaseline) or Aquaphor cream.
- Do not bandage a rash.

Heartburn, Indigestion



- For Bismuth salicylate: Chew 2 tablets every $\frac{1}{2}$ to 1 hour as needed
- Has aspirin so be careful if you are allergic.
- DO NOT GIVE THIS TO KIDS LESS THAN 12 YEARS OLD
- For Calcium carbonate: Chew 1-2 tablets every 4-6 hours as needed.
- For Omeprazole: Swallow one capsule once a day with a glass of water 30 minutes before eating in the morning every day for 14 days. Do not take for more than 14 days without talking to a doctor.
- Heartburn can be caused by acidic food (juices, tomato sauce), spicy food, caffeine (coffee/tea) or eating too much.

Gas



- Take 1-2 tablets after eating or at bedtime as needed.

Constipation



- Drink lots of water and eat fruits and vegetables high in fiber.
- Take these medicines if you still have constipation. These will soften your stool to make it easier to pass BUT YOU MUST DRINK 8-10 GLASSES OF WATER IN A DAY FOR THIS TO HELP.

Minor Cuts, Scrapes, Burns



- Clean area and put a small amount (equal to surface area of tip of finger) where the cut, scrape, or burn is. Can apply 1-3 times a day.
- Some cuts can be covered with a bandage but some might be best to leave open.

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