

PROPER USE
OF MEDICATION

My passport to health

Last name :

First name :

SYNERGIES AFRICAINES

CONTRE LE SIDA ET LES SOUFFRANCES

« Synergies africaines contre le SIDA et les souffrances » is a NGO that brings together Africa's First Ladies, people of good will, legal entities as well as scientists who play an active part in the association, and also former african First Ladies who support the statutes.

SOME OF ITS PRIMARY GOALS:

- . Reduce maternal, child and infant mortality.
- . Alleviate the sufferings of african children through education, the promotion of children's rights and support to orphans and vulnerable children.

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LES ENTREPRISES DU MEDICAMENT (LEEM) are 303 pharmaceutical companies operating in France. They employ some 100 000 people in the country and invest each year around 3,7 billion euros in the resarch and development of new drugs. The companies represented by LEEM account for 97,7% of the french drug market. In addition to the programmes set up by its members, LEEM develops actions in order to support its african partners and enable them to strengthen their capacities.

The main objective of the partnership between LEEM and « Synergies Africaines » is to teach children and teenagers how to use medication properly and as a result become responsible adults when it comes to their health despite a particularly difficult environment .

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I am sick...

1- How to recognize and respond to a disease

When you are sick you experience **unusual signs** : they are called « **symptoms** »

Certain symptoms are clearly visible and you and the people around you may notice them. For example :

1. You have a cough
2. Your skin is not as it should be
3. A part of your body is swollen

Other symptoms could be **pain** or **discomfort**:

1. You are tired,
2. You are too hot or too cold,
3. You have a pain in your stomach or a headache,
4. You can't breathe properly,
5. You have no appetite.

It is very important to pay attention to all these symptoms and to immediately speak to an adult about them to be treated as soon as possible.

One symptom alone isn't enough to recognize a disease . You have to tell the medical staff all the small signs you have noticed to help them find your disease.

The various symptoms :

Children describe in their own words what they feel and where it hurts.
Complete the sentences with the right symptom..

Diarrhea

Nausea

Constipation

Fever

Wet
cough

My head feels hot, my body aches and I am very tired :
I have a ...

I have a pain in my stomach, I can't go to the toilet and I have hard stools
I suffer from ...

I have no appetite, I feel bad after eating, I feel like vomiting:
I have a ...

I have a barking cough, I need to spit out and I have a sore throat :
I have a ...

I have a pain in my stomach, I go to the toilet more often than usual and I have liquid stools :
I have a ...

I am sick...

2- At the health centre

Symptoms are warning signals !

As soon as symptoms appear you need to ask a grown-up to bring you to the health centre. Medical Staff are the only people who can recognize what disease you are suffering from and tell you how to treat it and get well.

What happens during a visit to the health centre ?

1/ To begin with the medical staff will have a look at the information recorded the last time you visited. They will know which disease you have already had in the past and what medication you were given.

2/ Then you will have to describe all your symptoms precisely and answer a few questions, for example : when did the pain in your stomach start ? Have you already had a similar pain before ?

3/ The health staff will then examine and touch your body where you said it hurt. They will also examine other parts of your body to look for symptoms you may not have detected. If necessary they will listen to your heartbeat, your

breathing, examine your throat or your ears, have a look at your skin or your nails. They can also take your temperature to see if you have a fever, weigh you and measure you to make sure you are growing and developing properly.

4/ After examining you the medical staff will be able to know what disease you have.

5/ If you need to take pills they will tell you and your mother how to take them : the time of day, how many and how long. It is very important that you respect the prescription and the tips the medical staff give you very carefully.

The different steps of a visit to the health centre

Have a look at these 5 pictures representing the different steps of a visit to the health centre. Match each step with the right picture.

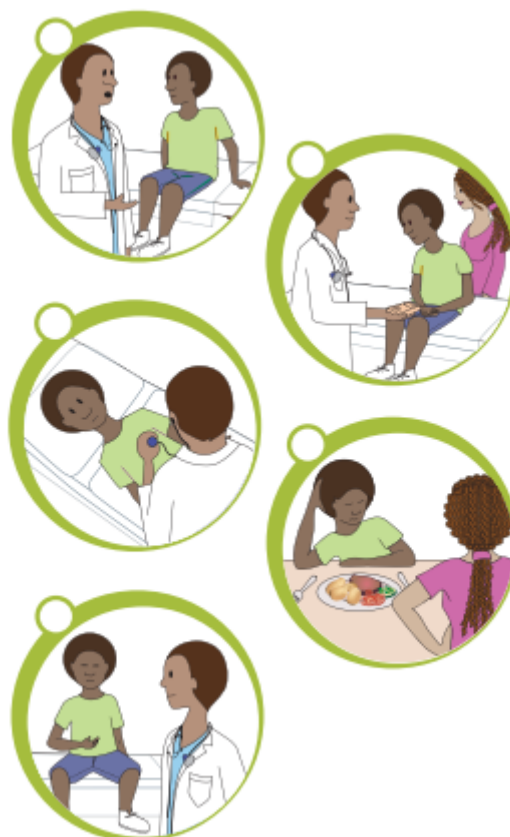
1- « I am going to take your temperature and touch your stomach in various places. Tell me when it hurts !»

2 - « You must take this medication twice a day during four days..»

3 - « You can't eat anything, you look tired and your forehead feels hot. »

4 - « You have diarrhea. You were right to come before it got too serious.. »

5 - « I have had a stomach pain for two days and I have to go to the toilet all the time.»



I have to take medication

1.The various sorts of medications

The appearance of medication can vary a lot from one to another

- Round or oblong tablets
- Small capsules
- A tube of ointment
- A bottle of syrup
- A squeeze-bottle of eye drops (eye wash) or nose-drops
- Small granules like beads
- But also powder packs, glass ampoules, drops, suppositories, patches
- ...

Be careful !

Even if some medications have funny colours or shapes and taste nice you must not confuse them with sweets. You must never take some on your own initiative.

Different types of medications have different instructions.

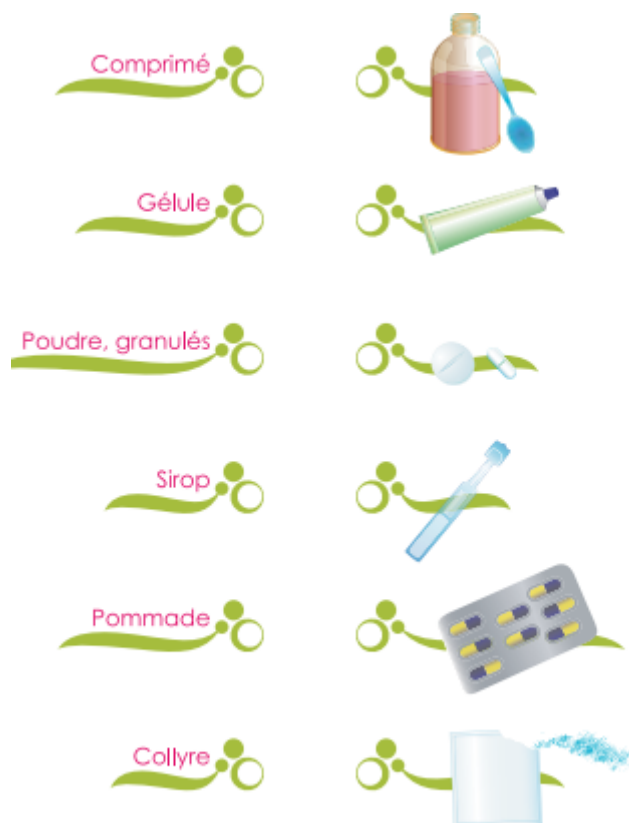
- Some tablets need to be chewed and others need to be swallowed with water.
- You must never open the capsules before you swallow them.
- Other medication can be directly applied on the part of your body that hurts : eye drops, skin ointment ...
- You can also receive injections.

When the medical staff gives you your medication they will explain how to take it. **It is very important that you fully respect the instructions if you want to be cured properly.**

Medications can look very different from one to another !

Have a look at these 6 pictures representing several medications.
Can you recognize them ? Click on each picture to the right word.

- find the right picture for : Tablets –
- find the right picture for : Capsules
- find the right picture for : Powder, granules
- find the right picture for : Syrup
- find the right picture for : Ointment
- find the right picture for : Eye drops



I have to take medication

2- Prevent, relieve, cure

Medications can play three different roles:

1/ To prevent a disease

Certain medications will prevent you from contracting a disease. Vaccines and serums for example enable your body to produce immune defenses against the disease. Some of these vaccines are used worldwide to protect oneself against serious diseases such as the measles and tuberculosis.

Others are only used in areas where the risk of contracting the disease is high. This is the case for the vaccines against yellow fever, cholera, typhoid fever, meningitis or viral hepatitis.

2/ To relieve the pain or ease discomfort

When you are sick you sometimes have a headache or a pain in the stomach, and you may feel too hot or too cold. These signs are symptoms of a disease. The medical staff can prescribe you medication to relieve the pain or or ease discomfort

3/ To cure a disease

In order to treat certain diseases the medical staff may choose to give you a specific type of medication such as antibiotics that enable to destroy the small cells responsible for the disease : bacteria.

In this booklet you will have to write down all the medications you have been given and their roles if you know them (to prevent, to relive, to cure).

Do not forget to take this booklet with you when you go to the health centre to allow the medical staff to know you better and give you better care.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

I have to take medication

3- How to use medication properly

Medications are no ordinary products.

If you make proper use of them they will cure you but if you don't use them properly they can be very dangerous. You must never take medication on your own initiative. The only safe way is to take medication supervised by an adult who will check that the rules given by the medical staff are fully respected, for example :

- The length of the treatment : even if you have the impression that you are cured you have to carry on taking your medication during the entire treatment length as prescribed by the medical staff.
- The number of medications and the time of day you are supposed to take them.
- The way you have to take them.

You can also find all information on a small leaflet which is inside the medication box : **the medication instructions.**

Even if the symptoms of your disease remain in early treatment never increase dosage if the medical staff do not recommend it.

Written on the medication box you will also find a date after which you cannot take the medication any more : we call it the expiration date.

Before you take medication you will have to check that the expiration date has not passed.

A person, a disease, a medication !

Never take medication on your own initiative. Only the medical staff know which medication will cure you.

Even if you are under the impression that you have a disease you already caught in the past, or if a family member thinks he recognises your disease, you may need totally different medication this time.

Never leave medication in the reach of young children.

Young children may feel tempted to taste any medication left unattended. To avoid any accident you need to put the medication in a safe place and supervise the young one when they need to take medication.

During the treatment you may experience discomfort that is new to you. If the discomfort remains and gets worse you must go back to the medical staff.

How to use medication properly

The « Dos » and « DON'Ts »

Have a look at these pictures. Some of them show dangerous behaviour with medication. Can you tick them ?



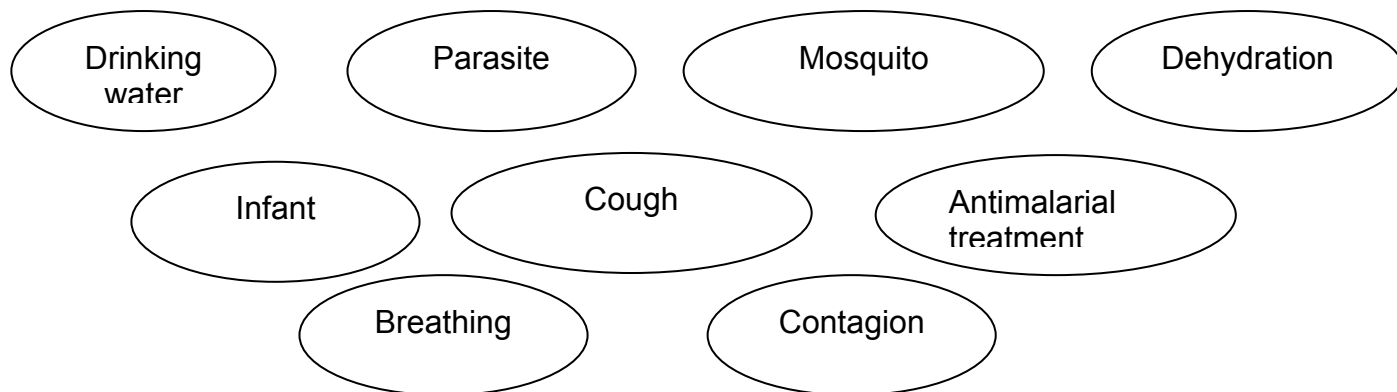
To be well informed leads to better treatment

1. Learn how to know the different diseases and to protect oneself

<p>Palusim / Malaria How to recognize it?</p> <p>One of the main signs of malaria is fever. But you may also have other symptoms such as shivers, headaches, muscle aches, feel very tired, vomiting and diarrhea.</p> <p>How is it transmitted ?</p> <p>By a mosquito bite.</p>	<p>How to treat it?</p> <p>Medications against malaria (anti-malarial treatment) enable you to be cured very quickly but only if you fully respect the prescription the medical staff has given you. But without medication and if the treatment is not respected correctly the disease can become very serious.</p> <p>How to protect oneself ?</p> <ul style="list-style-type: none"> - At home you must use a treated mosquito net or window screens to prevent mosquitoes from getting inside the house. - In the evening it is important to wear clothes that cover your body to avoid getting bitten.
<p>Diarrhea How to recognize it ?</p> <p>You know you have diarrhea when you produce soft or liquid stools and when you need to go to the toilet more often than usual. The other symptoms can be fever, vomiting and stomach pain.</p> <p>How is it transmitted ?</p> <p>It is a water borne disease and can be transmitted through polluted water. It can be transmitted from person to person.</p>	<p>How to treat it ?</p> <p>You need to go to the health centre and the medical staff will make sure you are not getting dehydrated, which means you don't have enough water in your body. If you have diarrhea it is very important to drink a lot of salted or sweetened water and to carry on eating properly using clean drinkable water to wash the food and to drink.</p> <p>How to protect oneself ?</p> <p>By washing your hands regularly especially before eating and after going to the toilet. By using clean drinkable water to wash the food and to drink.</p>
<p>Tuberculosis How to recognize it ?</p> <p>When you have a very harsh persistent cough and sometimes spit out blood, fever, difficulties to breathe and sometimes chest pain.</p> <p>How is it transmitted ?</p> <p>From one sick person to another person.</p>	<p>How to treat it ?</p> <p>The severe forms of the disease can be treated with anti-tuberculosis medication that have to be taken very strictly over a period of 6 to 8 months. In addition the sick person has to go regularly to the health centre to be examined by the medical staff.</p> <p>How to protect oneself ?</p> <p>You need a vaccine.</p>

The words and the diseases !

Match each word in the list to a letter of the disease it corresponds to.



Parasite

A _____

L

U

D

I _____

S

M _____

D _____

I _____

A

R

R

H

E

A

T

U

B _____

E

R

C _____

U

L

O

S

I _____

S

MALARIA

What word is associated with malaria
and starting with "A"

MALARIA

What word is associated with malaria
and starting with "M"

MALARIA

What word is associated with malaria
and starting with "i"

DIARRHEA

What word is associated with DIARRHEA
and starting with "D"

DIARRHEA

What word is associated with DIARRHEA
and starting with "D"

DIARRHEA

What word is associated with DIARRHEA
and starting with "i"

TUBERCULOSIS

What word is associated with TUBERCULOSIS
and starting with "C"

TUBERCULOSIS

What word is associated with TUBERCULOSIS
and starting with "B"

TUBERCULOSIS

What word is associated with TUBERCULOSIS
and starting with "C"

TUBERCULOSIS

What word is associated with TUBERCULOSIS
and starting with "i"

To be well informed leads to better treatment

2. The medication circuit

Because medication is no ordinary product it has to be distributed by people and places with official authorisation. Hospitals, health centres, pharmacies, and people working in these places are allowed to distribute and sell medication.

Compliance with these rules enables to give sick people safe and effective medication.

Some people with no official authorisation sell medication to sick people. Generally these forbidden drugs are sold in the street, on the market and in certain shops that are neither pharmacies, nor hospitals, or official medication outlets.

Drugs sold illegally in the street, on the market and in non-authorised outlets can be very dangerous :

- It is hard to know where they come from and how they were made.
- Street vendors have no medical training and can't tell sick people which medication to take or how they should take it.
- Sometimes the medication is out of date and also totally ineffective..

It is important to be very careful and never take drugs from unofficial distribution circuits.

Where can I find medication ?

Have a careful look at the places and the people in these pictures. Some are part of the official distribution circuit and some are not.

Can you recognize them ?

