



This is a story of how I will take my medicine.



Taking my medicine keeps me healthy! When I'm healthy, I can do my favorite things! I can play, do my schoolwork, and have fun with my friends.



There are different ways to take medicine, and we will find the one that's right for me! Adults will help me get my medicine and measure the amount that's right for me.



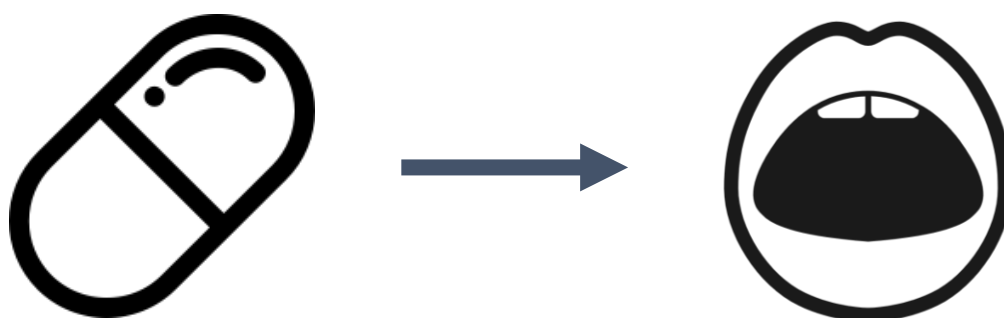
Some medicines can only be taken at certain times
of the day, and some medicines can only be taken
while I am eating food!



Adults will help me take my medicine at the right time, and make sure that I am taking it the right way.



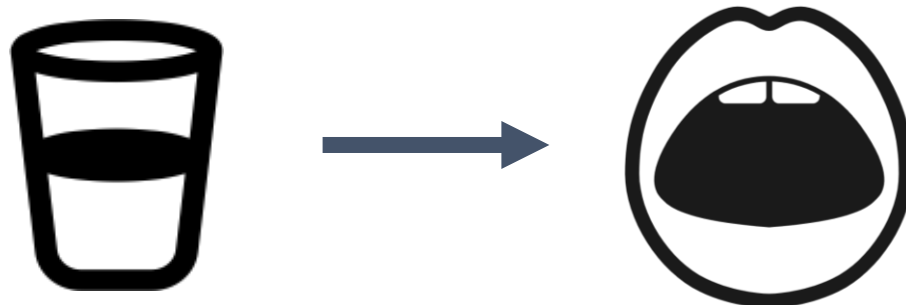
One way that people take medicine is by swallowing a pill. Here's how to swallow a pill!



First, place the pill in your mouth.



Next, put some water in your mouth,
but not too much!



The last step is to Swallow!

Drink the water and make sure the pill
goes down your throat!



Sometimes, medicine comes in liquid form.

Like this:



This kind of Medicine is easy. Just drink it!
It may taste yucky, so I can have something fun to
drink after to make the taste go away!

First:



Then:



Remember, if my body feels bad or uncomfortable
after taking a new medicine, I should let an adult
know.



There are other ways to take medicine too! Adults will help me know what I need to do, and I'll listen to them. I will take my medicine the way that I need to and only when an adult is watching me.





I did a great job learning to take my medicine!

