

Year 1-2 Drug education knowledge organiser

Types of medicines

Inhalers	Can be used with a spacer to relieve asthma symptoms or prevent attacks.
Tablets or pills	A range of medicines can be in tablet form including pain killers and prescribed medicines.
Insulin pens	Can be used to manage diabetes to help the body use sugar for energy.
Liquid medicines	A range of medicines can be in liquid form including pain killers and prescribed medicines.
Bath oils	Can be used to manage skin conditions such as eczema.
Ear drops	Can be used to relieve earache or loosen ear wax.
Skin creams	Can be used to manage skin conditions such as eczema.
Eye drops	Can be used to relieve eye conditions, treat infections or help manage hay fever.

Safety rules

Only use own prescribed medicine, don't share with other people or use medicine that is for others.
Any unused prescribed medicines should be taken to a pharmacy to be disposed of safely.
Follow the advice in instructions for medicines including that about side effects.
Wash grazes with water to make sure they're clean.
If any household products get on the skin, wash the area and let a trusted adult know if it's itchy or sore.
If any household products get in the eyes, ask a trusted adult for help to wash the product out.
Tell an adult about any spills from household products such as cleaning products to make sure it is cleaned up.
If a product has a hazard label on it, let adults use it and leave it alone.

Ways to keep healthy

Taking medicines that are prescribed according to the instructions.
Eating a healthy, balanced diet.
Clean environment and clothes.
Going to check-ups at the doctors and dentist.
Talking about worries or feelings including telling someone if they feel ill.

People who help us and where to ask for help

- Speak to a parent, carer or adult they trust.
- Speak to a teacher, assistant or school nurse.
- Listen and talk to a doctor, dentist or nurse.