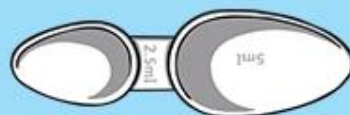
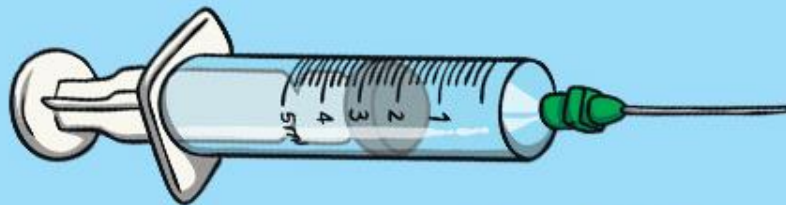


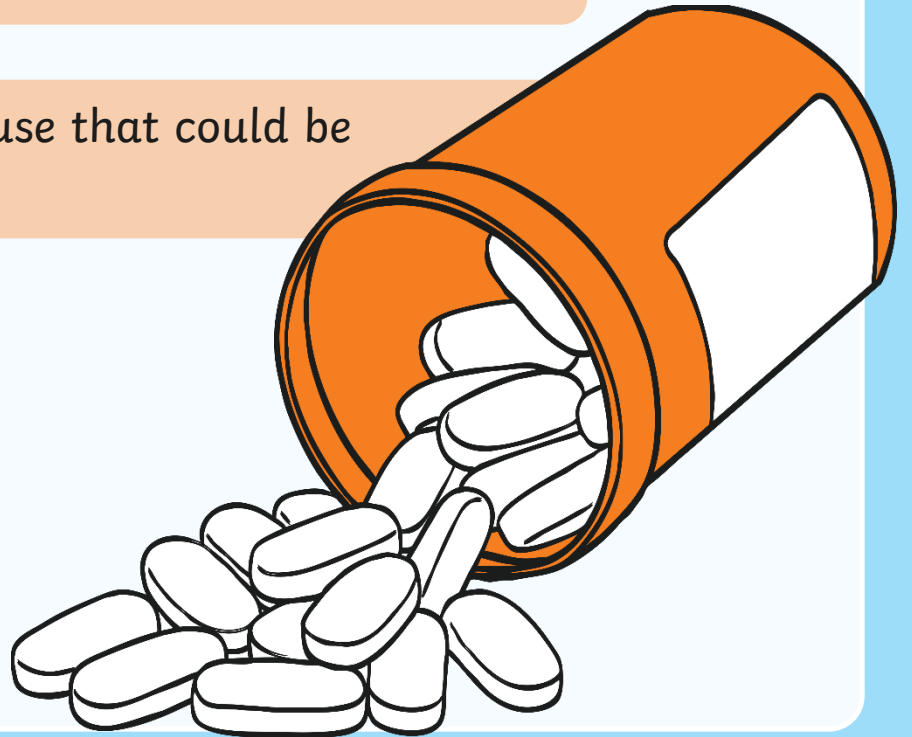
Keeping Safe

Medicines and Harmful Substances



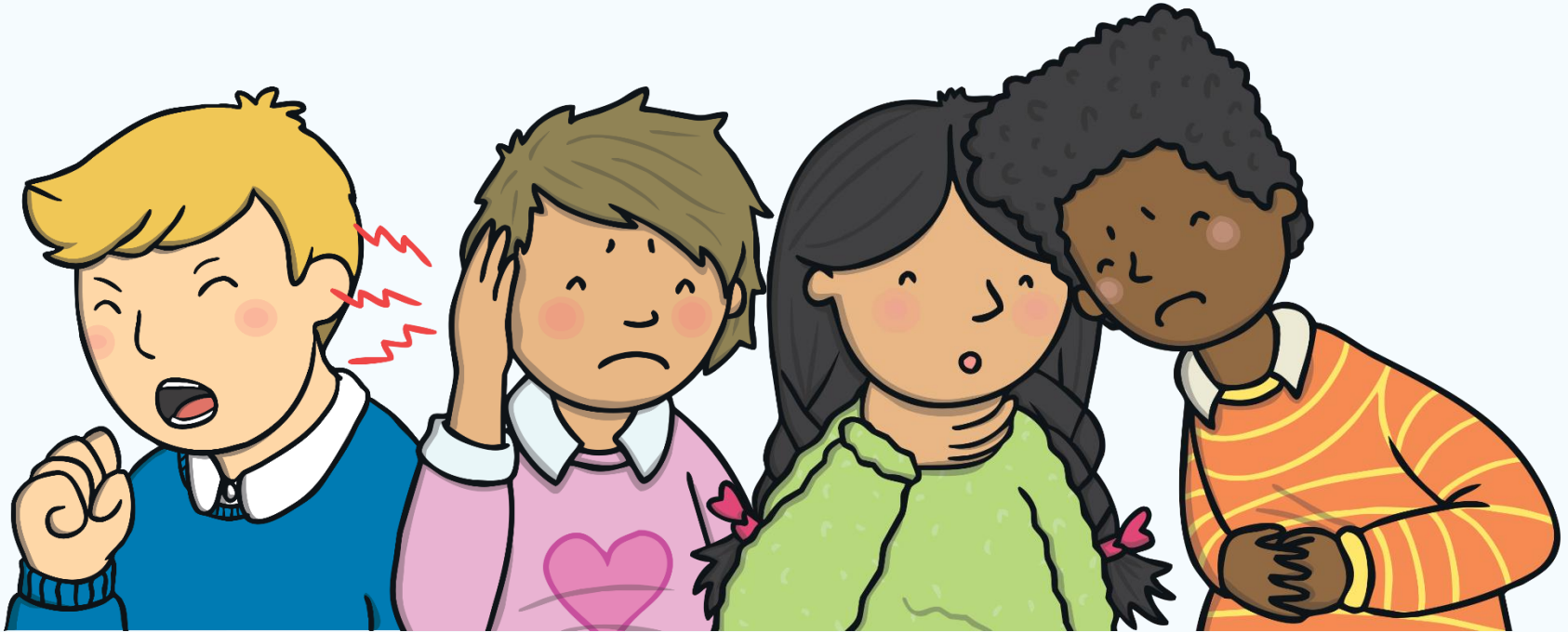
I am learning how to keep myself safe.

- I know what medicines are and who should give them to me.
- I know that medicines are not sweets.
- I can name things around the house that could be dangerous for me.



When Do I Need Medicine?

Can you think of a time that you might need medicine?



When you have
a cough

When you have
a sore ear

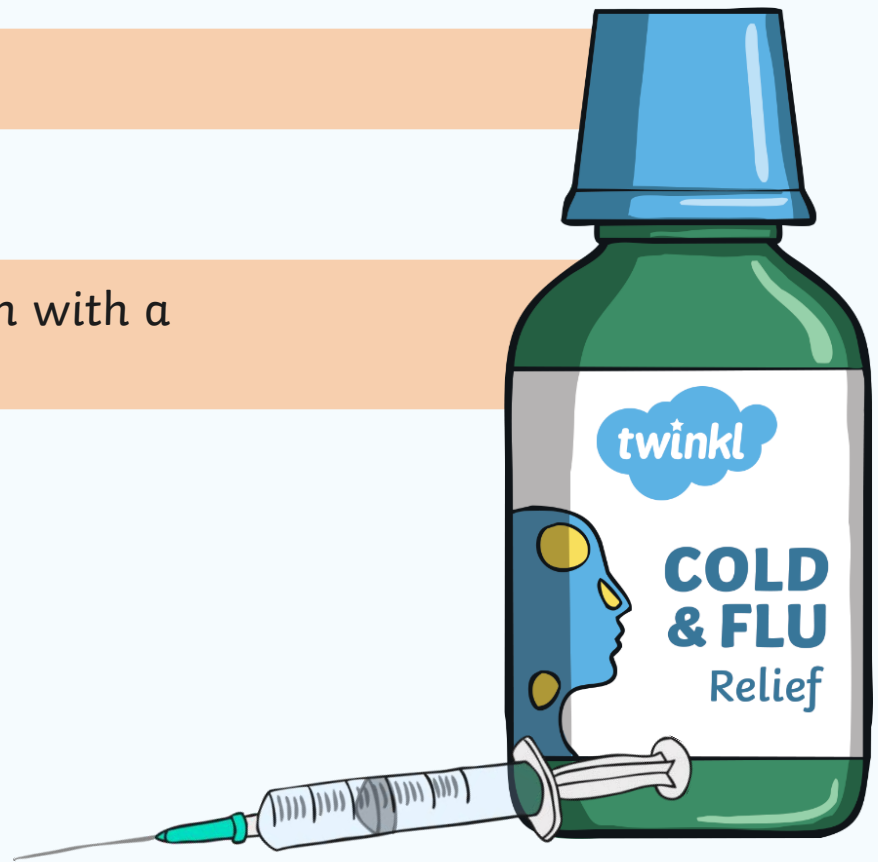
When you have
a sore throat

When you have
a sore tummy

What Are Medicines?

Medicines are **drugs** to help you feel better.
They might come in:

- Tablets to swallow;
- Liquids to drink;
- Or they might need to be given with a needle.
- Medicines are **not** sweets.



Who Should Give You Medicine?

Can you think of a time that you might need medicine?



Your mum or
dad.

A grown-up
that you
trust.

The nurse.

Your
grandparent.

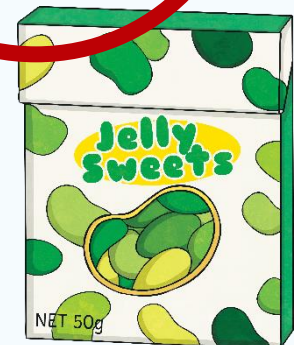
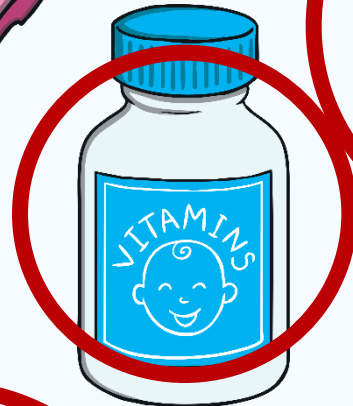
The doctor.

Who Should Give You Medicine?

You should never give medicine to yourself.

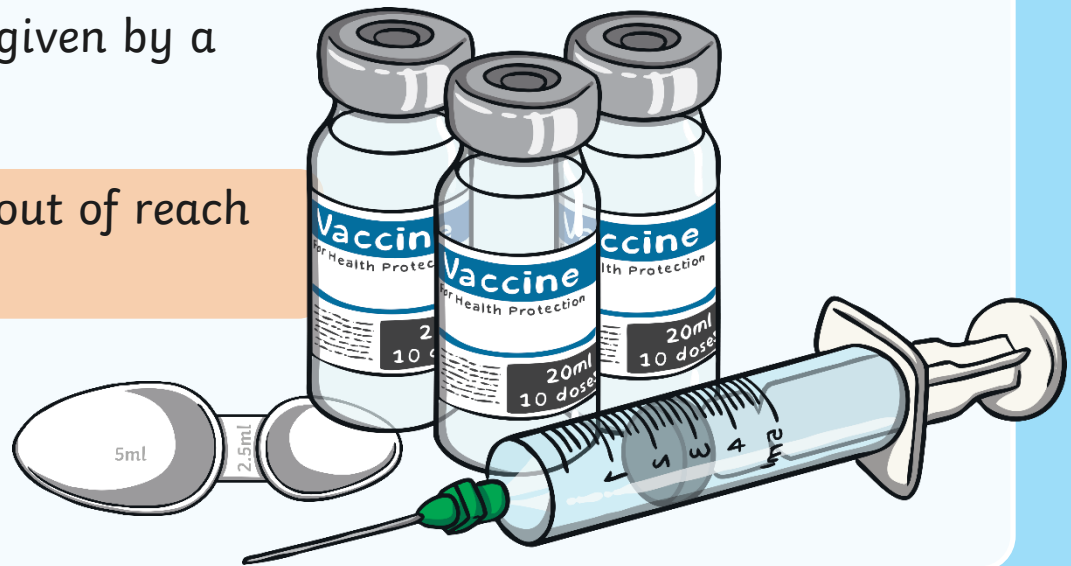


Medicine or Sweets?



Medicines

- Medicines can make us feel better when we are sick.
- But not if we take too much.
- Too much medicine can make us very unwell.
- The right amount can be given by a grown up.
- Medicines should be kept out of reach from children.



Around the House

Is there anything else we should be careful of in the house?
Things that are:



Harmful Substances

Harmful substances are things that can hurt us if we eat them or sometimes even if we just touch them.



How Can We Tell If Something Is Unsafe?

Substances that are unsafe will come with a warning.



