



HEALTH AWARENESS

Be Wise About Nonprescription Medicines

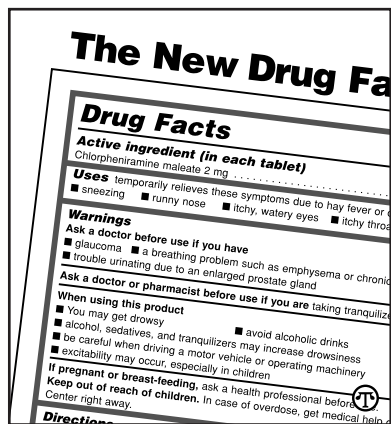
(NAPSA)—It's official. A new law requiring a standardized "Drug Facts" label on over-the-counter (OTC) medicines is in effect, making it easier for consumers to select the right OTC medicines more simply and wisely.

Developed by the U.S. Food and Drug Administration (FDA), the new "Drug Facts" label clearly spells out each OTC drug's active ingredients, the purpose of the medication, uses and specific warnings, dosage instructions and the drug's inactive ingredients. This vital information is conveyed in large type, using plain, easy-to-understand terms.

Since the new label will be most effective if people learn how to use it, the National Council for Patient Information and Education (NCPIE) is going the next step with *Be MedWise*. This new campaign will help consumers interpret labeling information when comparing different OTC medicines and before using these medications.

NCPIE recommends these ten steps you can take to *Be MedWise*:

1. Read the label—know your medicine
2. Match your symptoms to the ingredients



An improved label is now appearing on over-the-counter medicines.

3. Heed product warnings
4. Unsure? Ask before you take
5. Take the exact amount
6. Compare active ingredients
7. Use caution if you take other medicines
8. Keep your medication list updated
9. Dose children's medicines properly
10. Discard old medicines safely.

For more information, visit the *Be MedWise* Web site at www.bemedwise.org.