BEARCAT DAY 29 & 30

Thursday, April 30, 2020 Friday, MAY 1, 2020

GRADE 6
ANDERSON COUNTY SCHOOLS



ANDERSON COUNTY MIDDLE SCHOOL

6TH GRADE BEARCAT DAY 29

To Submit Your Assignments:

- 1. Answer in Google Classroom If you cannot,
- 2. Email your answer to your teacher. If you cannot,
- 3. Drop-off your written work at the school office.

LANGUAGE ARTS	CONTEXT CLUES Read about context clues. Read the <u>passage</u> about Daniel Boone and answer the <u>questions</u> . Review the <u>study guide</u> for your test next week.
МАТН	GEOMETRY STUDY GUIDE This week we will be reviewing geometry concepts to prepare for our assessment next week. Answer the questions on the fourth page of the study guide.
SCIENCE	STUDY GUIDE Use the study guide to review for next week's test. The guide is completely filled out. Just study. Quiz yourself.
SOCIAL STUDIES	STUDY GUIDE Answer the questions on the study guide.
PE/HEALTH	UNDERSTANDING MEDICATIONS Read the <u>article</u> and answer the <u>questions</u> .
LITERACY	NARRATIVE ON-DEMAND Continue writing your Narrative On Demand - I Survived Coronavirus 2020. Today you will complete the 4th paragraph. You also need to read through your paper, edit, and revise anything that should be changed. You should have 4 paragraphs total. You can add another paragraph if you choose.

6TH GRADE BEARCAT DAY 30

BEARCAT DAY 30 REFLECTION								
Something new that I learned this week is	A question that I would really like to ask my teacher is							



2

3

4

Coached Reading

DIRECTIONS

Read this passage. As you are reading, look for unfamiliar words and context clues.

Daniel Boone

There are few names in American history that can still evoke images the way the name Daniel Boone can. The mention of Boone's name calls to mind a rugged, tough, and handsome man who helped settle the state of Kentucky. Who was Daniel Boone really, and why is he still a renowned figure?

Daniel Boone was born in Pennsylvania around 1735. His father had immigrated to the New World from England, and Daniel was one of twelve children. Like many men of his day, Boone left home when he was rather young. Around 1750, he went to live on the North Carolina frontier, the area where the settled regions ended and the dangerous wilderness began.

From there Boone began to explore the land that would become Kentucky in the 1760s and 1770s. Because there were no settlements in Kentucky then, Boone had to be a skilled navigator to avoid getting lost in the wilderness. He eventually became so familiar with the region that he founded his own town. Boonesborough, Kentucky, was born in 1775, and it was one of the first non–Native American settlements west of the Carolinas.

In the years that followed, Boone fought bravely in the Revolutionary War. He was a steely soldier, and his courageous leadership won him the respect and admiration of all who fought with him. After the war, Boone served as a judge and a politician in the state legislature. Daniel Boone, one of the toughest Americans ever, died in 1820.



Read the description of Daniel Boone in paragraph 1. Based on context clues, what does the word renowned probably mean?

Based on context clues, what type of person do you think would be willing to live on the *frontier*?

What does the word navigator mean?



Bearcat Day 29-Context Clues Practice

* Required

1.	Email address *
2.	Last Name *
3.	First Name *
4.	Class Period *
	Mark only one oval.
	2nd
	3rd
	4th
	6th
	7th

Bearcat Day 29-Context Clues

Very seldom do we read lists of isolated words. More often than not, the words we read are placed in a context (i.e., they are surrounded by other words). Many times, the context provides enough information for us to determine the meaning of unfamiliar words. Authors use a variety of techniques, including comparing and contrasting ideas, providing examples, and embedding definitions in the text, to enable readers to understand unfamiliar words.

Bearcat Day 29Context Clues
Questions 1-2

birds

Read the paragraph about hummingbirds and answer questions 1-2.

Have you ever watched a hummingbird fly? This small American bird with bright plumage can fly sideways, backwards, and upside down. Amazingly, a hummingbird is also able to hover, hanging in the air over a certain spot, like a helicopter. When flying, hummingbirds flap their wings about 90 times a second. They flutter their wings so fast that you can't see their wings at all. You can only hear the humming sound that their fluttering makes.

5.	1. Based on context clues, the work "plumage" means *	1 poir
	Mark only one oval.	
	lights	
	sunshine	
	feathers	

6.	2. Based on cont	text clues, the fact that hummingbirds can hover means that	1 poir
	Mark only one ov	ral.	
	they can sta	y in the air in one place, which is impressive to the author.	
	they can wa	lk for long distances, which is suprising to the author.	
	they can sin	k after flying for a while, which is funny to the author.	
	they can sit	down on branches, which is annoying to the author.	
В	earcat Day 29-Art	ticle "Daniel Boone"	
	d the article, "Da :://drive.google.com/o	nniel Boone." pen?id=1R_y4mPMxpdVcAU6FRRgNeQe20aKb6vNY	
	earcat Day 29 uestions 3-6	Answer questions 3-6 based on the "Daniel Boone" article you just read. Remember go back to the passage to look at the clues in the sentence!	r to
7.	3. Context clues	in Paragraph 1 tell you that the word "evoke" means *	1 poir
	Mark only one ov	ral.	
	talk about.		
	change.		
	destroy.		
	call to mind		

8.	4. Context clues in the passage suggest that "rugged" is probably *	1 poir
	Mark only one oval.	
	a negative description of Daniel Boone.	
	a positive description of Daniel Boone.	
	a word Daniel Boone used all of the time.	
	a funny word with no real meaning.	
9.	5. From context clues, you know that the word "immigrated" means *	1 poir
	Mark only one oval.	
	served.	
	grew up.	
	moved.	
	followed.	
10.	6. In Paragraph 4, the author writes that Daniel Boone was "a steely solider." Based on context clues, the word "steely" means *	1 poir
	Mark only one oval.	
	tough and strong.	
	made of steel.	
	often stolen.	
	sneaky and suspicious.	

ELA Study Guide

Bearcat Day Study Guide

test over what we have learned the past few weeks: On Thursday, May 7th, you will have a 20 question text structures, argument, and context clues. This Google Slide helps you review for the test.

You will need a piece of paper and pencil!

Text Structure:

You need to know:

1. The five to

0000 The five text structures, why they are used and signal words used in

N How to identify what text structure is being used in a passage.

Directions
Moths the structure with its correct
Structures
SText Structures

	broblem	problem or question	
resolve, lead to	duestion or	an answer to a	
conclude,	answer a	wants to provide	
As a result,	ot sysw evig oT	When the author	
	or unlike things		
e e	petween common	6	
2110101111	relationship	more things	
different	show the	differences of 2 or	
more, while,	ot ,noitemothi	bns seitinslimis	
although, but,	provide factual	discusses the	
Like, both, also,	Non fiction, to	When the author	
therefore	events		
before, after,	describe several	зиотрек	
nadt ji oz	ot banannah	ot sheal tnava	adel de conserved de la consecuencia de la consecuencia de la consecuencia de la consecuencia de la consecuenc
because, since,	gnirtamos	tells how one	
As a result,	To tell why	When an author	
For instance, such as, for example, another including	To tell what something is, to present an items attributes, to show what an item or place is like	The author uses a lot of details to support a topic	
First, next, soon. Also look for dates and timelines.	History, social studies, discussing historical events	Order in which things happen.	
Signal Words	pəsN	noijinifəO	Structure
· Malti	lultan sa	inionjie ixəi e	anninga saga nga manangangan kanangan kanangan nga nga nga nga nga nga nga nga

Word bank: cause and effect, compare and contrast, sequence, description, problem and solution

the five text structures. The table below provides the answers. You are to write the questions for the answer in the box provided. The answer will be one of

							5	いったさん	7	•														
				N. C.	ì			0		2	Alia iznilinecenaturanementationisticationisti	7		2				7.77	solutions.	more possible	and lists one or	states a problem	100 - The author	Definitions
		3					•				. 0		NAT IS						,			more things are alike	1.00 - tell how two or	Vocabulary
										THE PERSON NAMED OF THE PE	J	to country	2 4 2 2 2 2 3						and times	followirg, dates,	after, finally,	then, before,	100 - fi st, next,	Signal Words
	What is	became playing and living areas.	were held was used again and many	Coliseum where the 1932 games	were also being used. The	already being built in Los Angeles	Olympics. Many buildings that were	paid a lot of money to be part of the	games. Companies like McDonald's	wanted to be official sponsors of the	charging a fee for companies who	Angeles solved these problems by	used for two weeks! In 1984, Los	world. And all these facilities are only	athletes who come from around the	events and housing is needed for the	fields must be built for the athletic	money. A stadium, pools, and playing	hosts the games often loses a lot of	operate. The city or country that	become very big and expensive to	modern Olympics is that it has	100 - One problem with every	Passages - Difficult
**************************************	C. C		X XX I				ขี่lled the house.	fresh-brewed coffee	aroma of the	and within seconds, teh	pressed the "on" button	ที่lter. Finally, she	and poured it into the	just the right amount,	fresh coffee, measured	the filter. Next, she got	cleaned and replaced	water. Then she	she filled the pot with	and made coffee. First,	Samantha got up early	mother on her birthday,	100 - To surprise her	Passages - Easy

However, if makes the colorful tulip blooms grow back even bigger and stronger later that spring.	What is		,	. 3
300 - Every spring, shortly after the tulips bloom, farmers in Holland go through the tulip fields and cut the blooms off the tulips. This seems strange, because it leaves a field farmer strange.	300 - Willow Creek is very different from New York City. There are no tall skyscrapers in Willow Creek. All you can see are fields and sky. Instead of taxicab horns and fire truck sirens, it is so quiet at night that you can hear the crickets chirping.	300 - sames as, similar, as well as, both, different from, as opposed to	300 - an action or event that makes something else happen	300 - the author lists one or more causes and the resulting effects.
that morning. He Had taken it out at school when his friend Kim asked to look something up. Now he remembered - Kim still had his book!	colors is found in every country fiag of every country sending athletes to compete in the Olympic games.	I I K	What is	What is
200 - Joey lost his science book. What should he do? He thought for a few worried moments, and then decided to retrace his steps. He remembered putting the	200 - The Olympic symbol consists of five interlocking rings. The rings represent the five continents - Africa, Asia, North America, Europe, and South America - from which athletes come to compete in the games. The rings are colored black, blue, green, red and yellow. At least one of these	200 - problem is, question is, puzzle is, to solve this	200 - tell how two or more things are different or alike	200 - the author explains a topic, person, place, or thing by listing characteristics, examples, or features

Argument

₹ ₹ ₹ ₹ ₹ ₹

- Know the 4 main parts of an argument and the purpose of an argument.
- Identify the parts of an argument in an article.

Argument Vocabulary

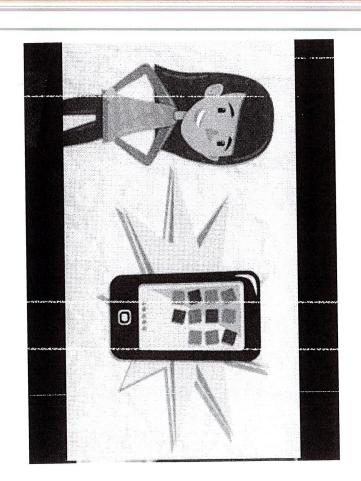
On your paper...

Under your Text Structure Chart, write purpose, claim, counterclaim, reason, and evidence.

While watching the video, define those terms

O N

match the terms and definitions on the text page.



Argument Vocabulary

NEVER SAY "BECAUSE I SAID SO"
itells why you want to prove a topic, tells why the topic is important, to make someone care about the topic (what solid reasons does the child want the new phone? It is faster? Better battery life?)
facts, research and experience (facts about the new phone, how the phone will help you with school, ect.)
ether side of the argument that is provable, supportable with evidence (Mom says, "Your phone is fine, you don't need a new one.")
stating what you want to prove based on what you know (evidence) (Child says, "I need the new Iphone.")
to convince or persuade the reader

Word Bank: counterclaim, claim, evidence, reason, purpose

Argument Practice

Kahoot Argument Practice

Kahoot Challenge Pin: 09669092

1 - Quiz

What is the purpose of an argument article?

- to entertain
- () to inform
- ${\it 0}$ to persuade

Resource: Tanya Ann Photography/Momert/Getty Images

2 - Quiz

What type of claim? Columbus Day should be a holiday because students enjoy having the cay off from school.

strong

o weak

https://create.kahoot.it/details/aa621103-ac6b-4bb2-ad18-b056108ea152

- O opinions
- O facts
- O research
- O experiences

4 - Quiz

Strong claims must NOT be based on

- O facts
- O knowledge
- O opinions
- () research

Other side of the argument that is provable, supportable with evidence is the

- O claim
- O counter claim
- () reasons
-) evidence

7 - OHi7

Which of the following is NOT what reasons provide...

- O tell why you want to prove a topic
- O tells why the topic is important
- O tell you opinion on the subject
- O encourage someone to care about the topic

college athletes. Which reason is NOT a strong reason for NOT paying 12 - Qui

College athletics is expensive for schools.

0

Weak

0

Strong

College athletes spend up to 40 hours a week on sports.

College athletes bring millions of dollars into a school athletic program.

College athletes get paid by means of scholarships and free food and

board

Context Clues

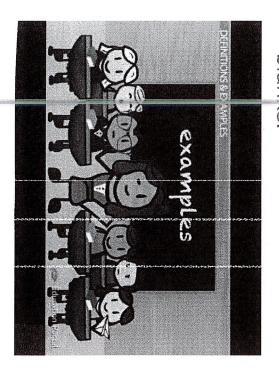
TOU BOOK TO:

- 1. Know what context clues and the foul major types
- 2. Identify the meaning of unknown worlds using context clues, and/or

Context Clue Vocabulary

On your paper,

- Write the following notes.
- As you watch the video, fill in the blanks.



word in the sentence.	Examples: The writer provides	
	of the	

Antonym (mean the opposite): the writer provides hat mean the of the unknown word	Antonym (mean the words that mean the
as the unknown word	words that mean the
Synonyms (mean the same): the writer provides	Synonyms (mean

<u>Substitution:</u> which means ______out a word you do know for a word you don't know until the sentence makes sense.

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		1	1	96.
	-	1	Č.	6
	*			*
	I		3	1
	1	.0		1

www.quia.com Name

Date

ELA: Context Clues (Middle School

Bobby thinks it's funny to tantalize Sally, such as making fun of her curly hair, but it only makes the other kids mad at him.

Although the cabinet was ligneous, it wasn't made with real wood.

In this sentence, the word ligneous means

○ wood-like o native o empty) brown

I know that Jeff is smart, so I was conjusted when he did such a vacuous thing as to jump off the roof of our house. $\label{eq:conjust}$

In this sentence, the word vacuous means

- cowardly
- outstanding
- o annoying
- ා stupid

Famous conquistadors include Cortes, who conquered Aztec Mexico and Pizarro, who conquered

In this sentence, the word conquistadors means

- conquerors
- victims
- geographers

https://www.quia.com/servlets/quia.worksheet.WSManager?tagActivityId=5970313&tagPa.geTypeCode=quiz

wondering what the message was. The new speaker from the health clinic was so inarticulate that all of us left the auditorium

In this sentence, the word inarticulate means

- conflicted
- o cowardly
- unclearly spoken
- i'ull of anger

The departing president of the organization gave his valediction. When he was through, he welcomed the new president to the podium.

In this sentence, the word valediction means

-) welcome
- ි beginning
- ः starting
- े farewell

I felt sorry for the poor pathetic dog after he was dropped off along the road in the rain. In this sentence, the word pathetic mean:

- ं cheerful
- ु joyful
- O happy
- ා sad

birthday money was not quite enough to cover the expense. Although she didn't want to grovel, she decided to plead with her parents for the money to buy them. Ashley stared at the newest style of jeans in the catalog. She just had to have them. Her

In this sentence, the word grovel means

- ਾevolt
- ਂ network
- plead
-) resist

I CAN FIND VOLUME IN REAL LIFE PROBLEMS.

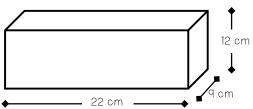
6.G.2

20. A school supply company packages the erasers shown below in boxes of 12. How many cubic inches does the package contain?



21. A farmer is filling a hole in his farm with dirt. He measures the hole to be in the shape of a rectangular prism measuring 12 feet by 4 feet by 3 feet. If the cost of dirt is \$1.25 per cubic foot, then how much will he spend?

22. A terrarium is filled one-fourth of the way with dirt. How many cubic centimeters of dirt does the terrarium have?



23. A large box will hold 1,000 cubic inches. A small box measures 5 inches by 5 inches by 5 inches. How many smaller boxes will the large box hold?

I've 90T THIS:

I NEED TO STUDY:

EARTH'S AXIS

Rotation is the spinning of Earth on its axis. The axis is an imaginary line that passes through the North and South Poles of the planet.



The Earth's axis is

not vertical, but tilted 23.5 degrees.



EARTH's ROTATION

DAY NEGHT 501. 7 507.

What causes day and night?

Earth's rotation West to East causes 50% of the Earth to get sunlight and 50%. To get dark.

Shadows change depending on how high or low the Sun is in the sky. Try going outside on a sunny day. Measure your shadow at midday and then again in late afternoon. Draw your

MOON

every 4 years. During a kap year we add one

extra day to the calendar (FEBRUARY 2911)

The extra 1/2 of a day results in a kap year once

30cm @ Noon

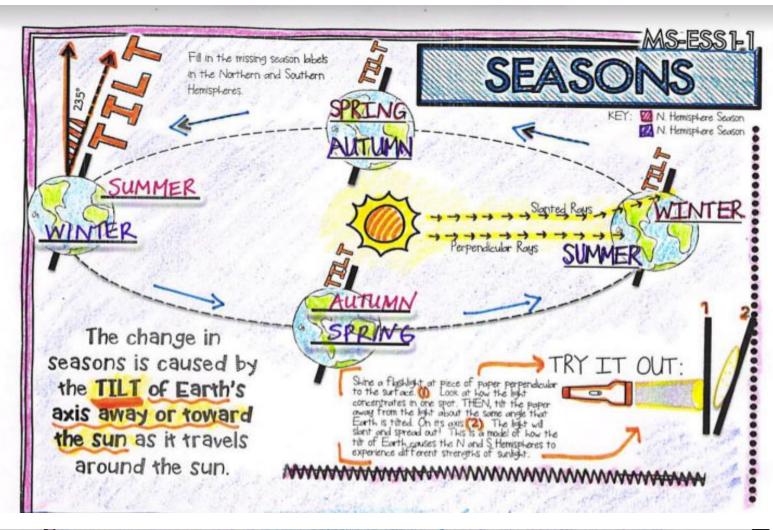
EARTH'S ORBI

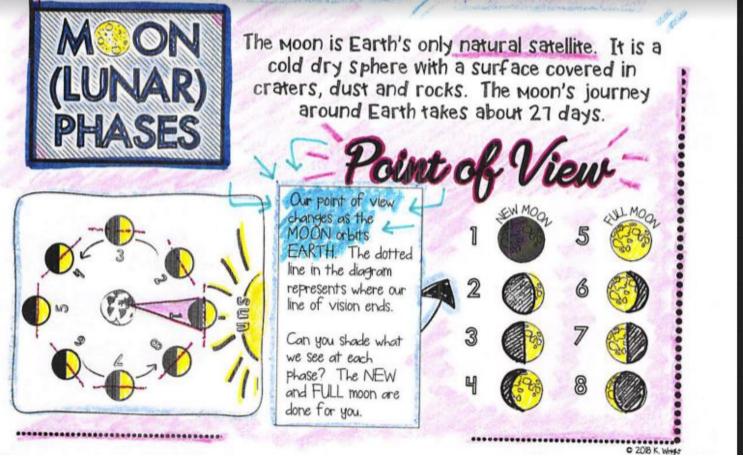
Earth's orbit is the elliptical path that the Earth takes around the sun once every year.

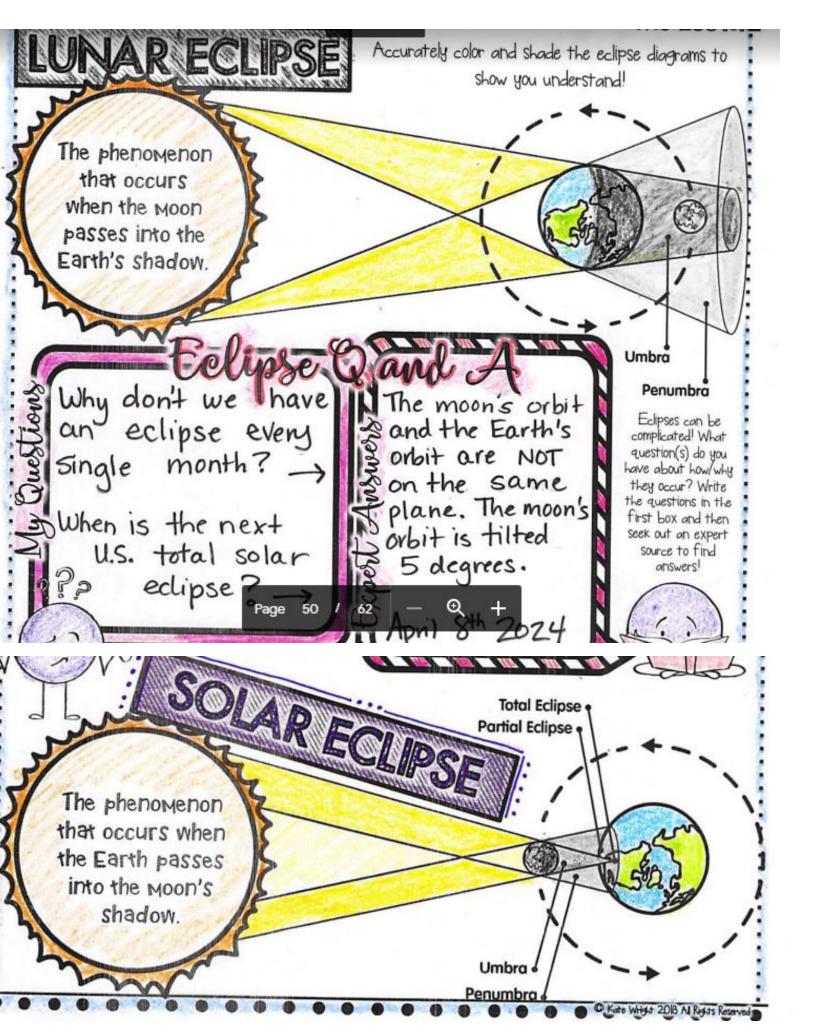
"AKA" revolution

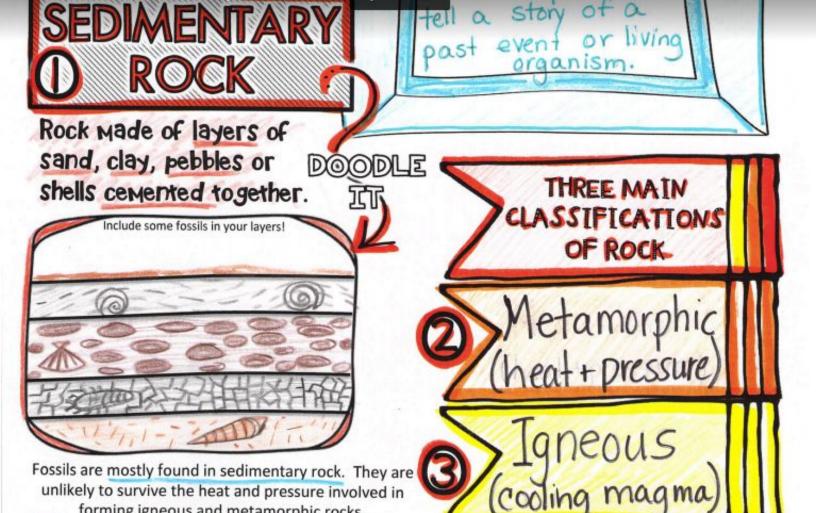
Leap years are needed to keep air calendar in Stre with the solar year or the Earth's solar 365-14 days

Did you know that Earth's orbit is about 577 million miles (930) million km) hna?



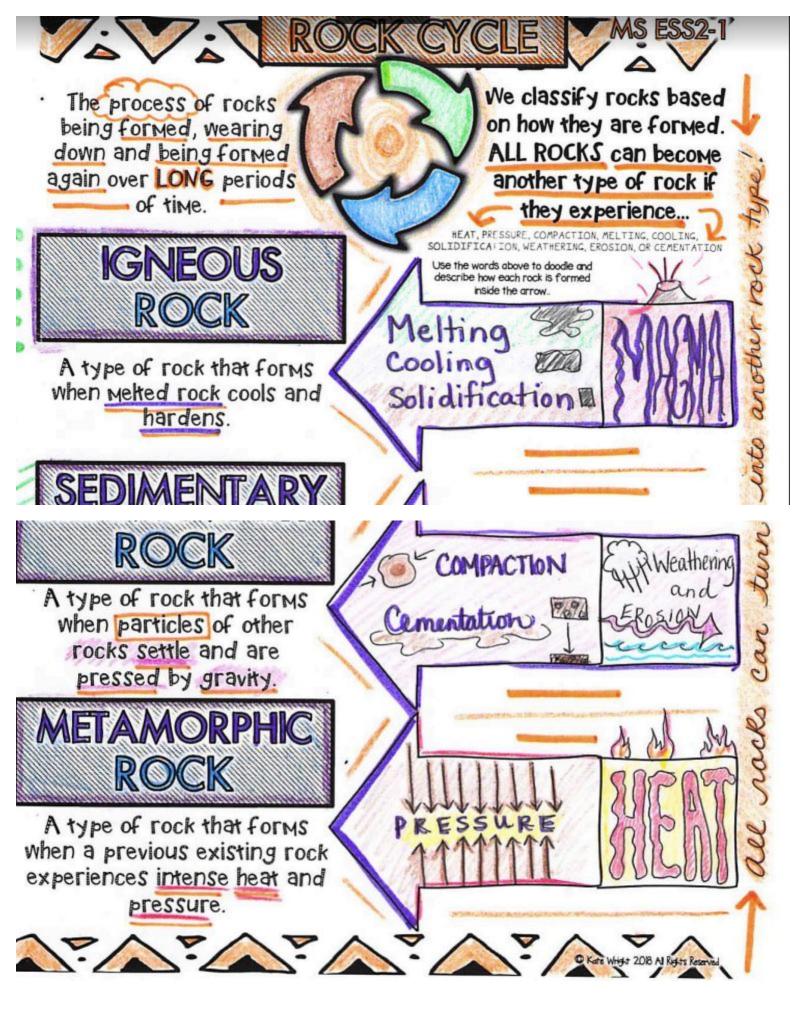


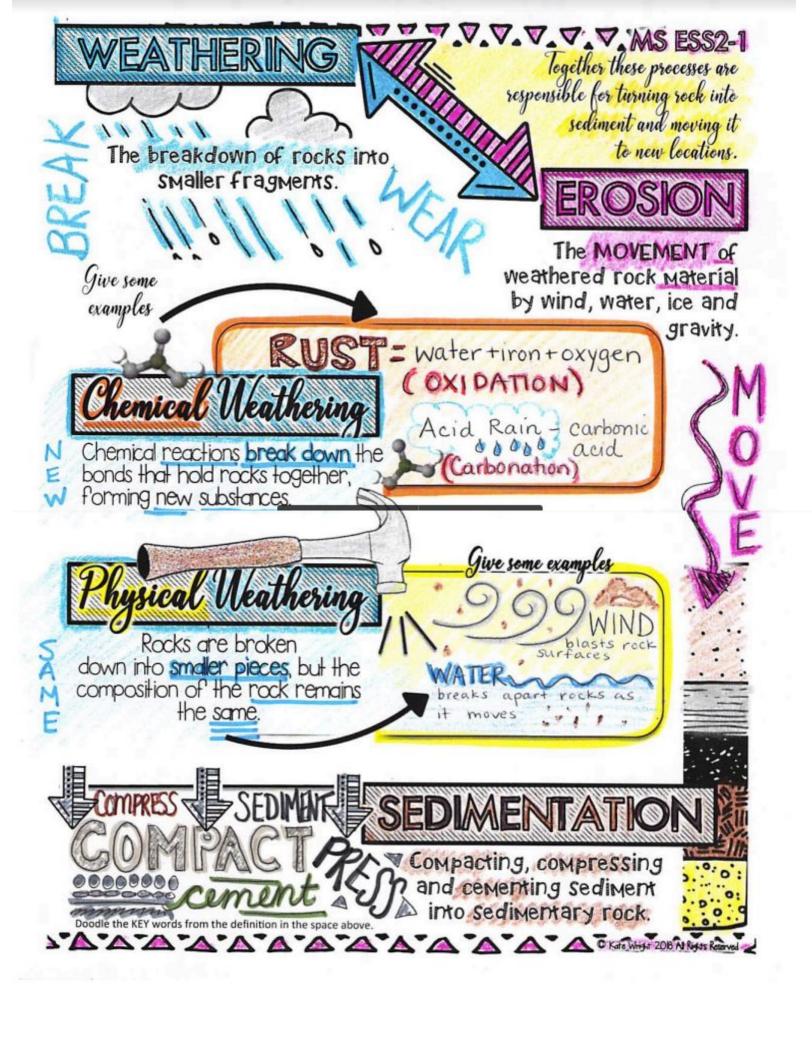


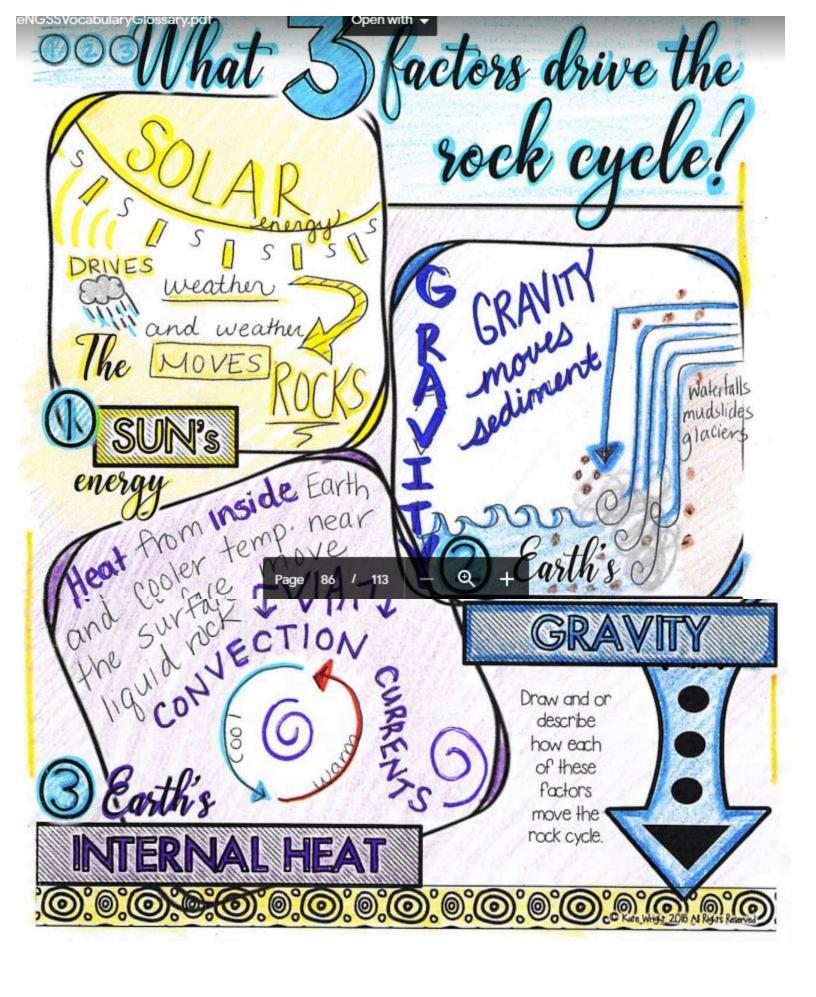


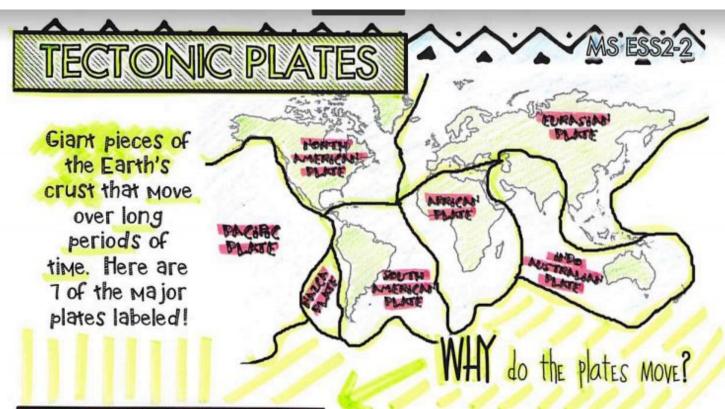
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forming igneous and metamorphic rocks.



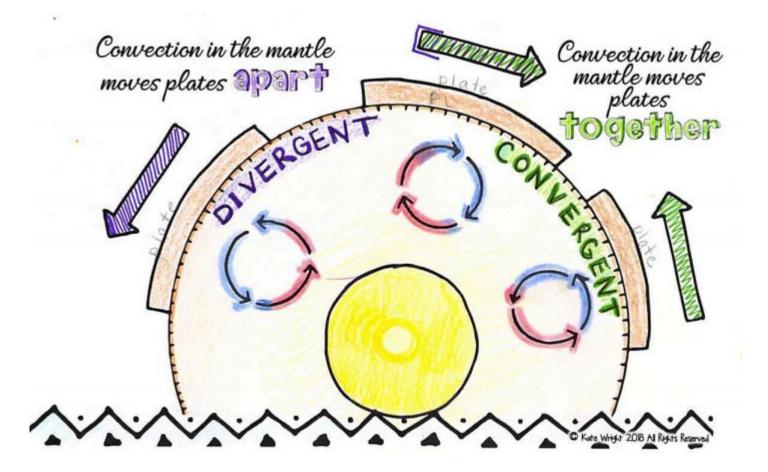






THERMAL CONVECTION

Heat in the Earth that causes molten rock in the mantle to move. This hot rock rises, cools and then sinks again creating convection currents.







CONVERGENT



The place where two tectonic plates are moving TOWARD each other.

Name 3 types of convergent boundaries.

- 1 Ocean 1 Continent
- 2 Ocean / Ocean
- 3 Continent / Continent

In the space below, doodle or describe a possible result of this type of boundary.

Mid-ocean ridges form at DIVERGENTY PLATES

DIVERGENT

Continent crust crust court

AGMA mantle Crus

Continent The place where two tectonic chust plates are moving APART from each other.

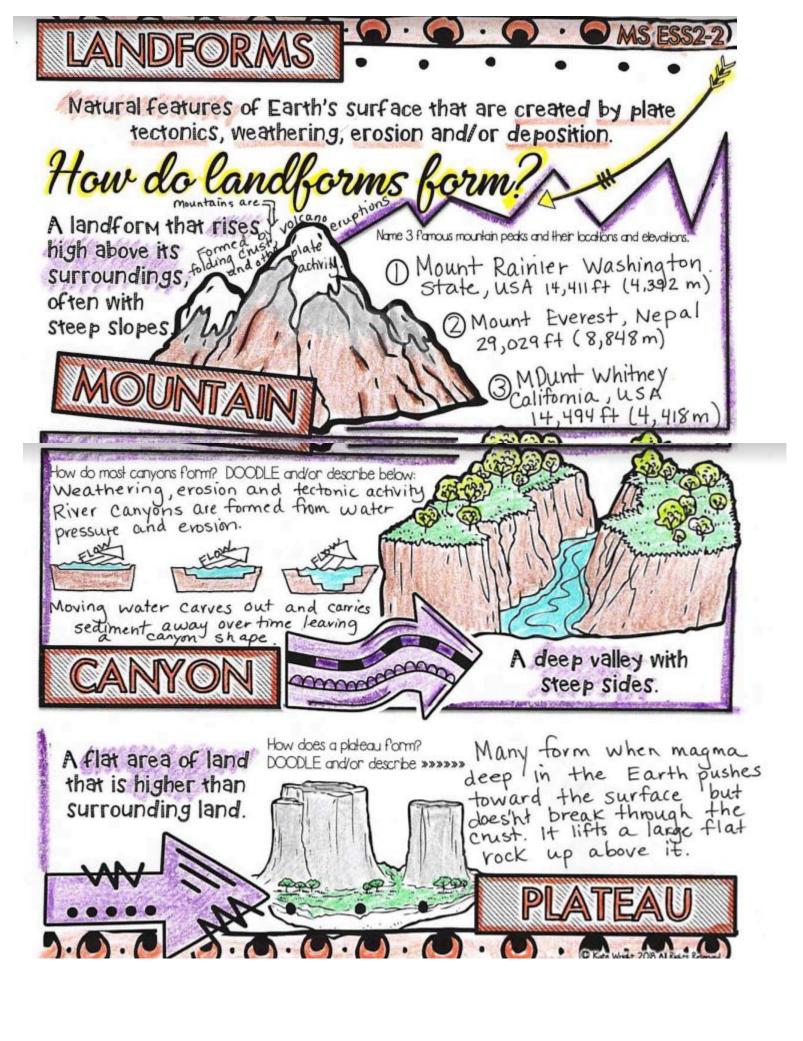
In the space below, doodle or describe a possible result of this type of boundary.

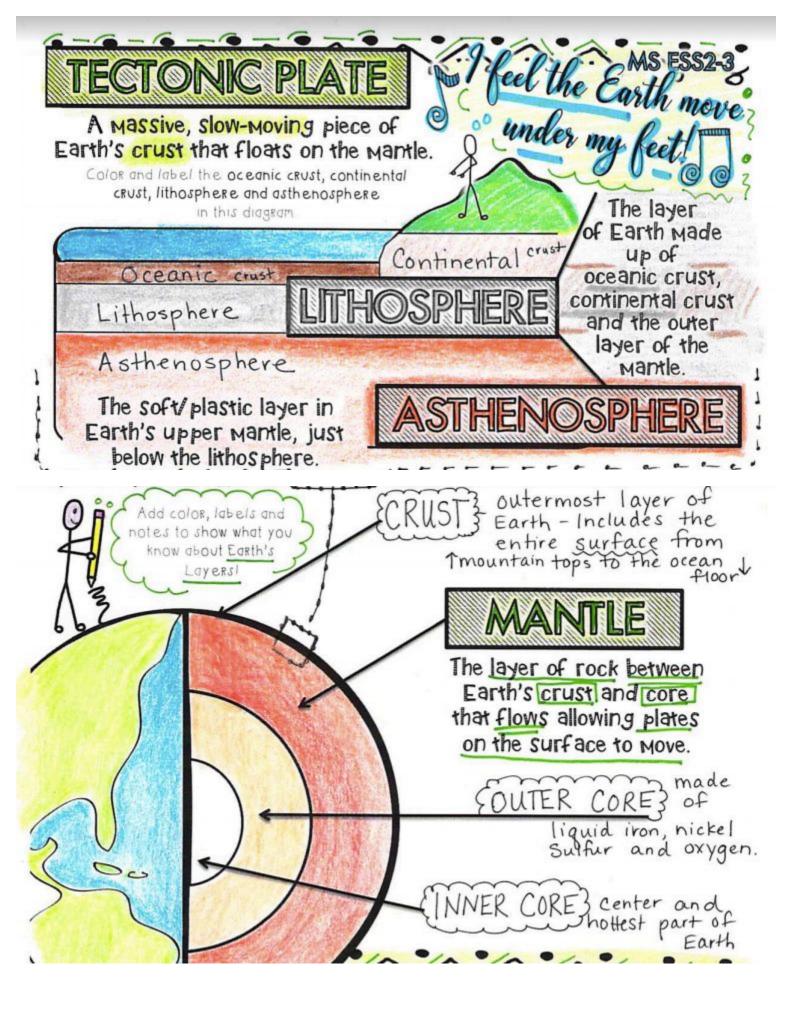
TRANSFORM

The place tectonic plates of slide horizontally past one another in opposite directions.

happen at transform boundaries.

≅ San Andreas Fault \ in California.





CONTINENTAL DRIFT

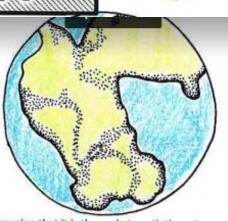
The movement of Earth's continents relative to one another. Scientists have evidence that over millions of years the continents have slowly moved.

How fast are plates drifting?

The Earth's tectonial plates move about 2 inches per year!

PANGAEA

that at one time, all of Earth's landmasses existed as one large supercontinent. Scientists believe the continents drifted together and then drifted away to where they are today.





Imagine that it is the early twentieth century and you are Alfred Wagener (the scientist who proposed continental drift theory). You are trying to convince other scientists that the continents had once been joined and over time had drifted apart.

Describe your claim, evidence and reasoning below.

Claim

Continents once existed as one large land mass.

Tvidence

Fossils continents across oceans and no Where else on Earth.

Continent Shapes - similarities in the shapes of the Coastlines

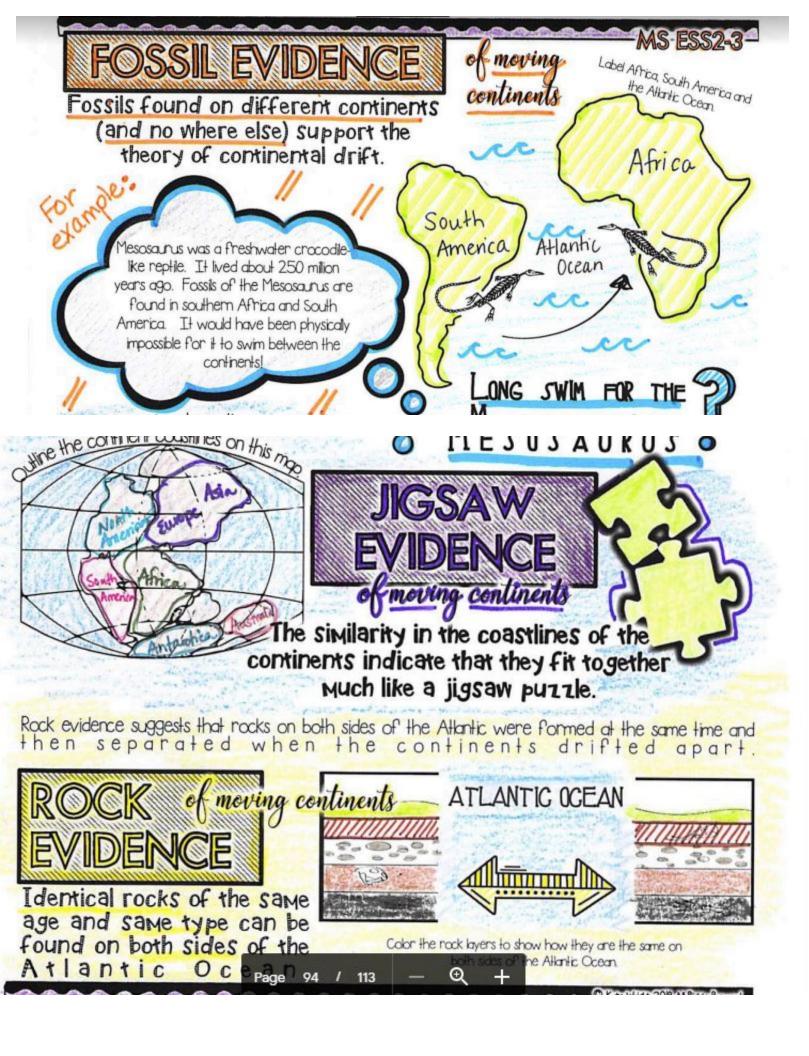
Rock Strata - identical rock layers found on bopage spaces 113 the Q +

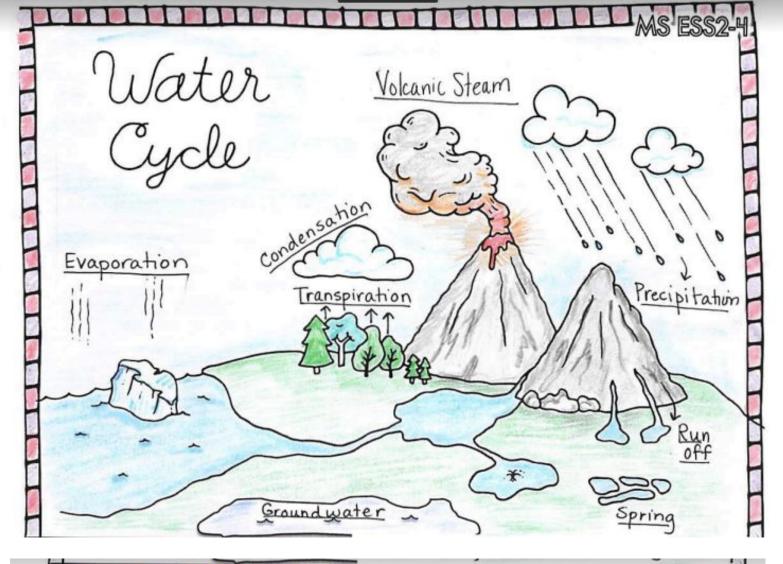
easoning

Supports idea that the continents were connected blc it is unlikely the animals would swim across the ocean!

Shows that the continents fit together like a jigsaw puzzle.

Supports idea-





The continuous movement of water between the land, ocean and air.

abel the following concepts in the picture of the water cycle. Transpiration, Evaporation, Condensation, Precipitation, Run Off, Groundwater, Spring, Volcanic Steam.

Doodle and/or describe the role that gravity plays in the water cycle.

Gravity is the force that Keeps the water moving in

the water cycle.

* Precipitation

* Runoff

G

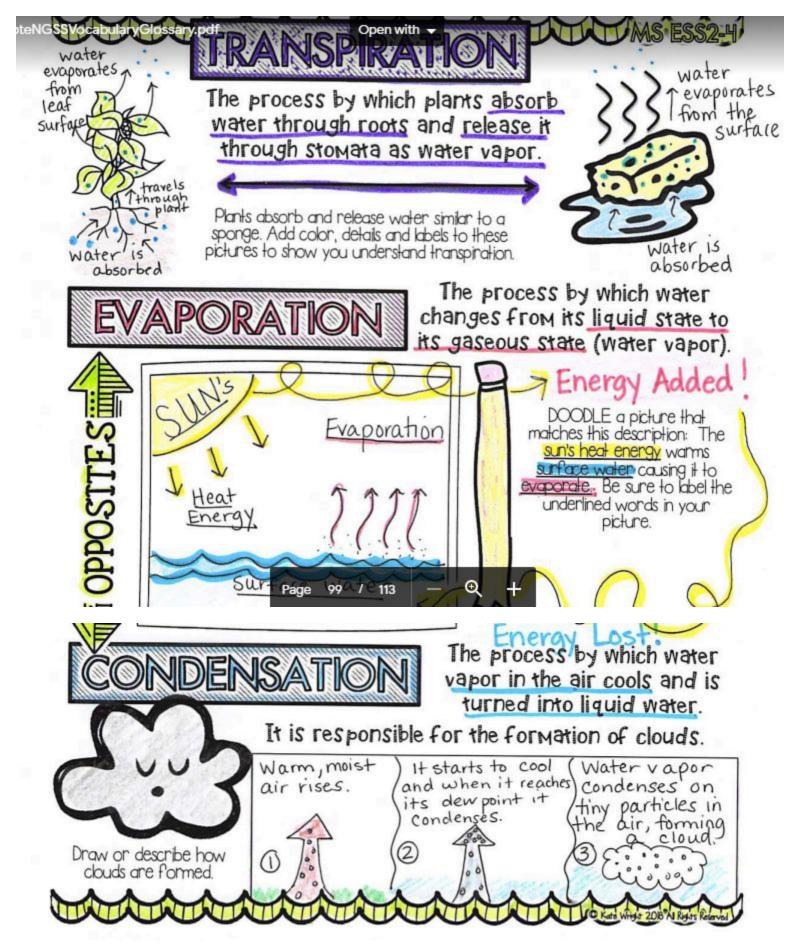
* Infiltration

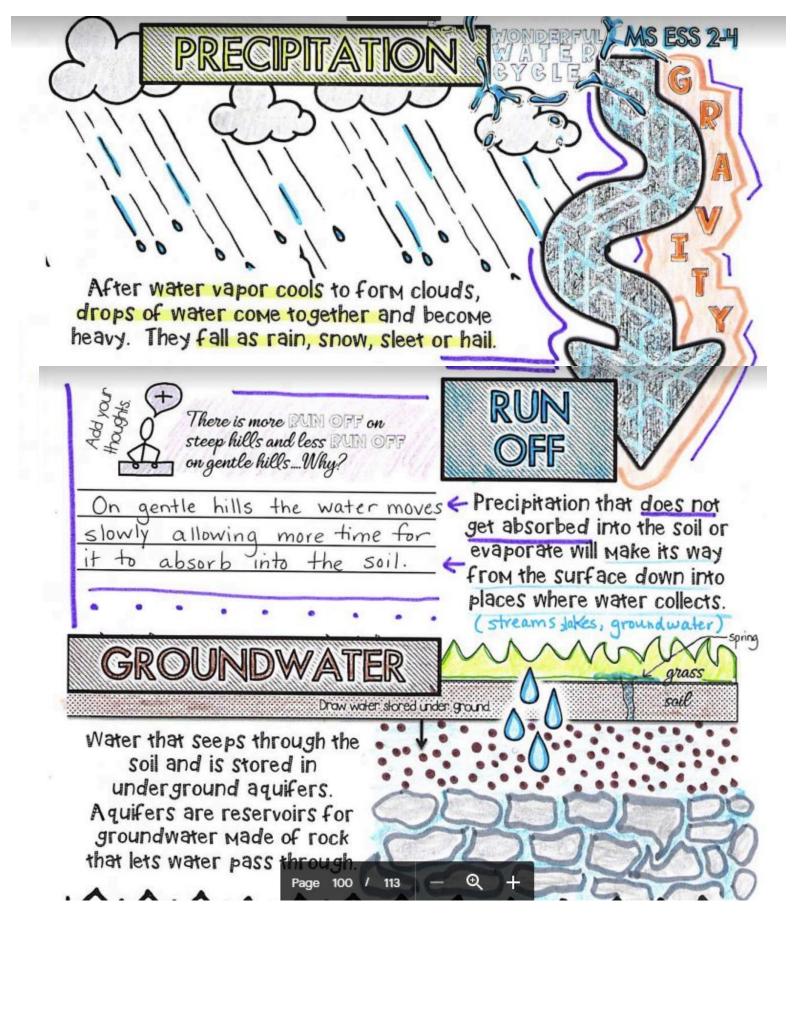
* Groundwater flow

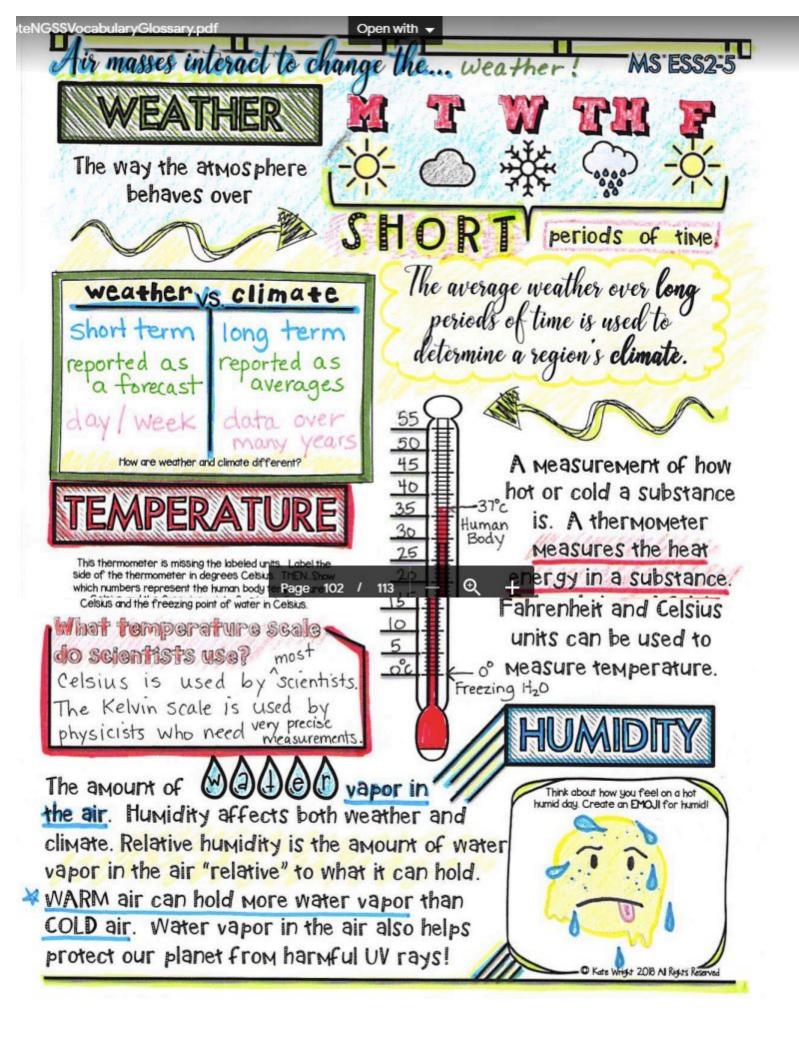
Doode and/or describe the role that the

The sun's is the ENERGY that the ENER water cycle. * condensation, Es * evaporation

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AIR MASSES

Air masses form when air spends days to weeks over the same part of Earth.

HUGE volumes of air with specific characteristics. (Temperature, humidity, pressure)

*Forms over land

*Air becomes dry as bowerd it loses moisture to land below it.

Tiller

Doodle and describe the 2 types of air masses and 3 source regions.

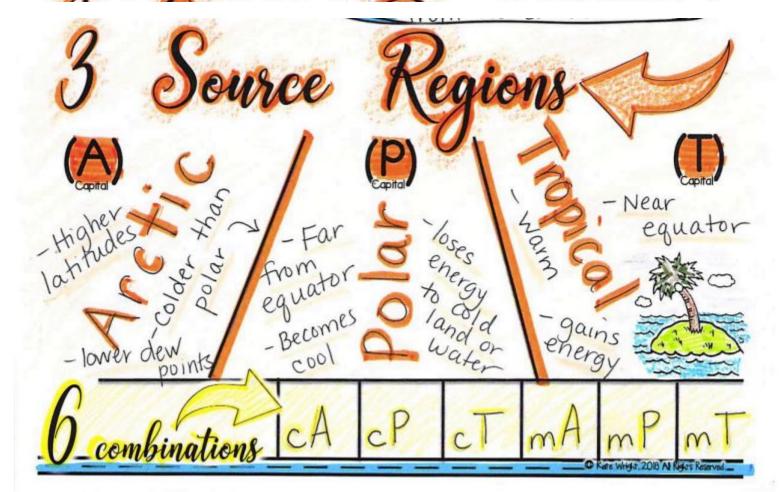
MARITIME AIRMASS

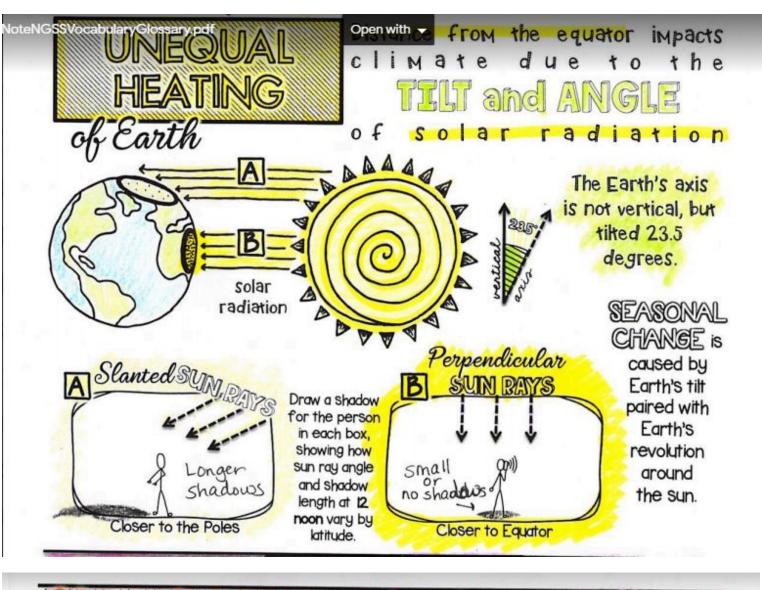
* Forms over water

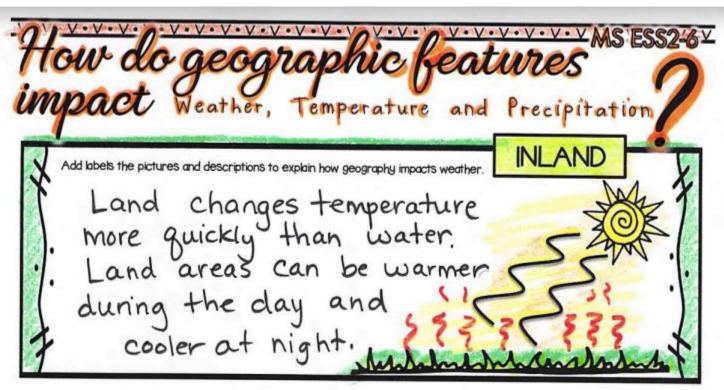
* Air becomes moist as

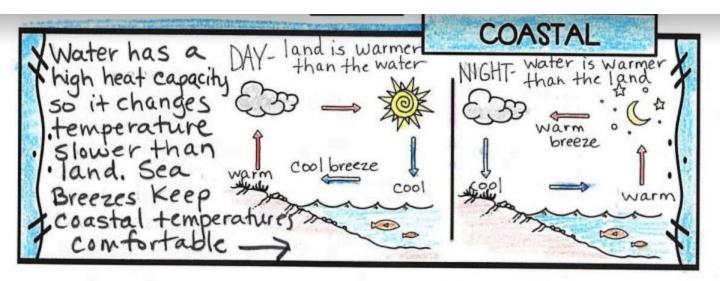
it gains water vapor from water below it

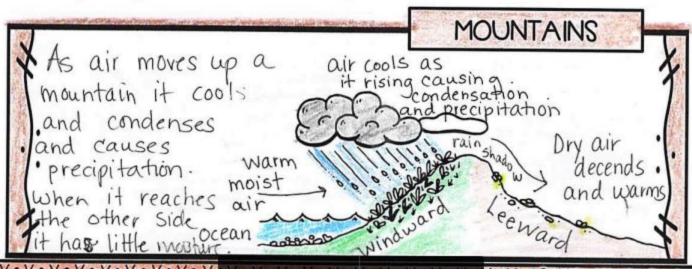














Health

A safe, private place to get doctor-approved information on health, emotions, and life.

Understanding Medicines and What They Do

Sometimes it seems like there are more medicines than there are diseases, and it can be hard to keep them straight. Some can be bought over the counter at pharmacies or other stores. Others require a doctor's prescription. Some are available only in hospitals.

What Are Medicines?

Medicines are chemicals or compounds used to cure, halt, or prevent disease; ease symptoms; or help in the diagnosis of illnesses. Advances in medicines have enabled doctors to cure many diseases and save lives.

These days, medicines come from a variety of sources. Many were developed from substances found in nature, and even today many are extracted from plants.

Some medicines are made in labs by mixing together a number of chemicals. Others, like penicillin, are byproducts of organisms such as fungus. And a few are even biologically engineered by inserting genes into bacteria that make them produce the desired substance.

When we think about taking medicines, we often think of pills. But medicines can be delivered in many ways, such as:

- liquids that are swallowed
- drops that are put into ears or eyes
- creams, gels, or ointments that are rubbed onto the skin
- inhalers (like nasal sprays or asthma inhalers)
- patches that are stuck to skin (called transdermal patches)
- tablets that are placed under the tongue (called sublingual medicines; the medicine is absorbed into blood vessels and enters the bloodstream)
- injections (shots) or intravenous (inserted into a vein) medicines

No medicine can be sold unless it has first been approved by the U.S. Food and Drug Administration (FDA). The makers of the medicine do tests on all new medicines and send the results to the FDA.

The FDA allows new medicines to be used only if they work and if they are safe enough. When a medicine's benefits outweigh its known risks, the FDA usually approves the sale of the drug. The FDA can withdraw a medicine from the market at any time if it later is found to cause harmful side effects.

Different Types of Medicines

Medicines act in a variety of ways. Some can cure an illness by killing or halting the spread of invading germs, such as bacteria and viruses. Others are used to treat cancer by killing cells as they divide or preventing them from multiplying. Some drugs replace missing substances or correct low levels of natural body chemicals such as some hormones or vitamins. Medicines can even affect parts of the nervous system that control a body process.

Nearly everyone has taken an antibiotic. This type of medicine fights bacterial infections. Your doctor may prescribe an antibiotic for things like strep throat or an ear infection. Antibiotics work either by killing bacteria or halting their multiplication so that the body's immune system can fight off the infection.

Sometimes a part of the body can't make enough of a chemical. That can also make you sick. Someone with insulin-dependent diabetes, for instance, has a pancreas that can't produce enough insulin (a hormone that regulates glucose in the body). Some people have a low production of thyroid hormone, which helps control how the body uses energy. In each case, doctors can prescribe medicines to replace the missing hormone.

Some medicines treat symptoms but can't cure the illness that causes the symptoms. (A symptom is anything you feel while you're sick, such as a cough or nausea.) So taking a lozenge may soothe a sore throat, but it won't kill that nasty strep bacteria.

Some medicines relieve pain. If you pull a muscle, your doctor might tell you to take ibuprofen or acetaminophen. These pain relievers, or analgesics, don't get rid of the source of the pain — your muscle will still be pulled. What they do is block the pathways that transmit pain signals from the injured or irritated body part to the brain (in other words, they affect the way the brain reads the pain signal) so that you don't hurt as much while your body recovers.

As people get older, they sometimes develop chronic or long-term conditions. Medicines can help control things like high blood pressure (hypertension) or high cholesterol. These drugs don't cure the underlying problem, but they can help prevent some of its body-damaging effects over time.

Among the most important medicines are immunizations (or vaccines). These keep people from getting sick in the first place by immunizing, or protecting, the body against some infectious diseases. Vaccines usually contain a small amount of an agent that resembles a specific germ or germs that have been modified or killed. When someone is vaccinated, it primes the body's immune system to "remember" the germ so it will be able to fight off infection by that germ in the future.

Most immunizations that prevent you from catching diseases like measles, whooping cough, and chickenpox are given by injection. No one thinks shots are fun. But the diseases they prevent can be very serious and cause symptoms that last much longer than the temporary discomfort of the shot. To make life easier, now you can get immunizations at many pharmacies.

Although some medicines require a prescription, some are available in stores. You can buy many medicines for pain, fever, cough, or allergies without a prescription. But just because a medicine is available over-the-counter (OTC), that doesn't mean it's free of side effects. Take OTC medicines with the same caution as those prescribed by a doctor.

Taking Medicines

No matter what type of medicine your doctor prescribes, it's always important to be safe and follow some basic rules:

- If you feel worse after taking a medicine, tell your doctor right away.
- Double-check that you have the right medicine. If you get the same prescription filled more than once, check that it's the same shape, size, and color as the last time. If not, be sure to ask the pharmacist about it.

- Read the label and follow directions. Ask if you have questions.
- Take medicines exactly as prescribed. If the instructions say take one tablet four times a day, don't take two tablets twice a day. It's not the same.
- Ask if the medicine is likely to affect everyday tasks such as driving or concentrating in school.
- Don't take more medicine than is recommended. It won't make you heal faster or feel better quicker. In fact, an overdose of medicine can make you sick.
- Always follow your doctor's or pharmacist's instructions. For instance, he or she may tell you to take a medicine with food to help lessen the stomach upset it can cause or instead to take the medicine on an empty stomach so as not to interfere with the medicine's absorption into your body.
- Never share prescription medicine with anyone else, even if that person has the same thing as you do. Today's medicines are very complex, and the dosages tend to be precisely prescribed for each person's needs. Either under-dosing or overdosing can be harmful. Additionally, someone else's body may react differently to the same medicine (for example, if the person has an allergy to one of the components of the medicine).
- If you're already taking a medicine but also want to take something you can buy over-the-counter, ask the pharmacist. There could be a bad interaction between the medicines.
- Always tell your doctor and pharmacist if you're taking any other medicines or any herbal supplements so that he or she can check for any interactions between the medicines.
- Be sure to tell your doctor if you are pregnant or might be pregnant. Some medicines can be harmful to the baby. Also, let your doctor or pharmacist know if you are breastfeeding, as some medications can cause problems with nursing.
- Remember that drinking alcohol can dramatically worsen the side effects of many medicines.
- Even if you get sick with what you think is the same old thing, don't decide on your own that you know what's wrong and take some leftover medicine. Taking that medicine for a different disease might not work and it can even be harmful. Talk to your doctor first.
- Take antibiotics for the full length of the time prescribed, even if you start to be feel better, so that all the germs are killed and the infection doesn't bounce back.
- Keep medicines in their original labeled containers, if possible.
- Don't use medicine that has expired, especially prescription medicine.
- Medicines should not be stored in your bathroom because heat and humidity can affect the potency of the drug. Most medicines should be kept at room temperature and away from sunlight. Some must be refrigerated. Check with your pharmacist or doctor if you aren't sure.
- Make sure all medicines are stored safely and out of the reach of younger brothers or sisters and pets.
- If you have any allergies, tell your doctor and pharmacist before they start you on a new medicine.
- If you get a rash, start itching, vomiting, or have trouble breathing after starting a medicine, tell your parents immediately. Breathing difficulty, breaking out in hives, or suddenly developing swelling of the tongue, lips, face, or other body parts may be signs of a severe allergic reaction get emergency medical care right away.

Taking medicines may feel like a hassle sometimes. But medicines are the most effective treatments available for many illnesses. If you ever have any questions about what a medicine does or how you should take it, talk with your doctor or a pharmacist.

Reviewed by: Elora Hilmas, PharmD, BCPS

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Note: All information on TeensHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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Understanding Medication Article

orider startaing intedication Article					
* Required					
Medications can be in the form of pills, liquids, shots, and many other forms. * True False	2 points				
No medicine can be sold unless it has first been approved by the U.S Food and Drug Administration. * True False	2 points				
What types of medicines keep you from getting sick? *	2 points				
Pain Relievers					
Antibiotics					
Immunizations (Vaccines)					

If you feel worse after taking a medication, you should tell your doctor right away. *	2 points
TrueFalse	
You should only take medicines exactly as prescribed. * True False	2 points
Submit	

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