

## Nicotine

◀N/DA▶



**Nicotine is a chemical that is found in cigarettes and other tobacco products. Smoking cigarettes is very bad for you. It is not healthy for your body or your brain.**

## Alcohol

◀N/DA▶



**Alcohol is found in drinks like beer and wine. Children are not allowed to drink alcohol. Adults can drink alcohol but not too much, or it can hurt them.**

## Aspirin and Tylenol

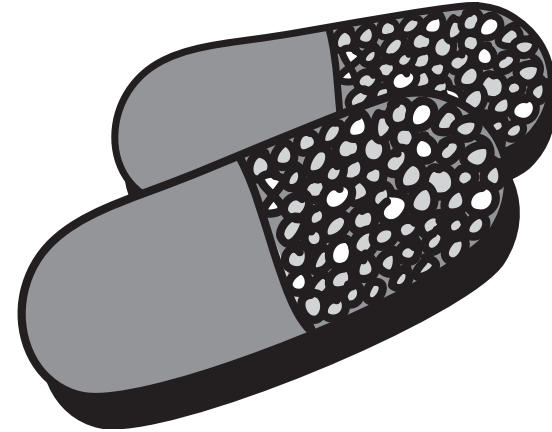
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**Aspirin and Tylenol can help some aches and pains go away. Children should only take aspirin and Tylenol if they are given by a parent or a doctor.**

## Antibiotics

◊N/DA◊



**Antibiotics are medicines that kill bacteria in the body. A doctor will give antibiotics for illnesses like an ear infection or strep throat.**

## Trusted Adults

•N/DA•

GRANDMA  
MOM  
DAD NANNY  
DOCTOR  
NURSE  
TEACHER

Take medicine only from  
people you know and trust.

## Protect Your Brain

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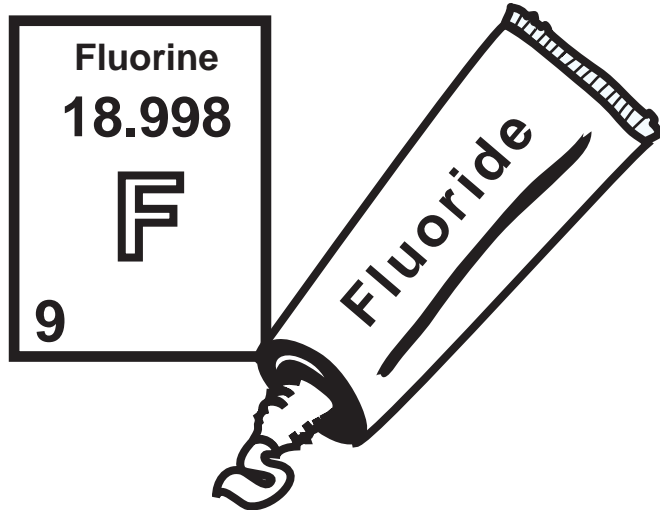
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### Word Bank

|       |          |        |
|-------|----------|--------|
| BETH  | EXERCISE | MAX    |
| BODY  | JUAN     | SAFETY |
| BRAIN | JULIA    | SLEEP  |
| CORTY |          |        |

## Fluoride

N/DA

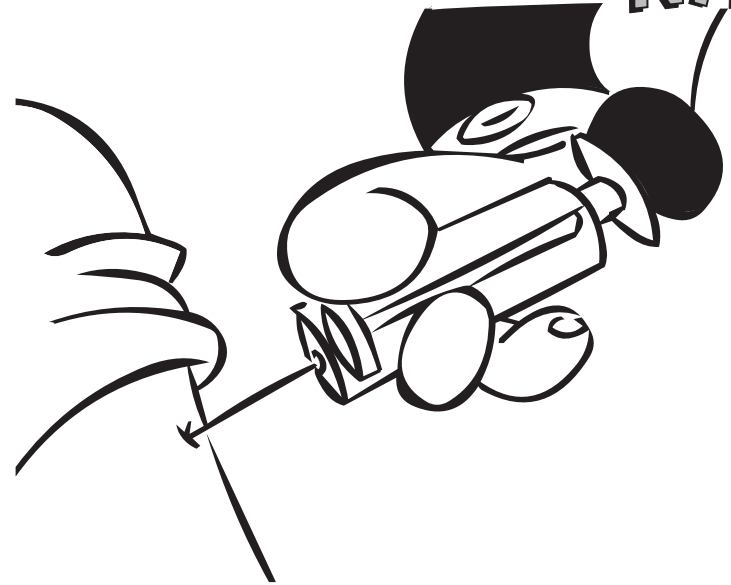


**Fluoride is very important for children to use. It makes children's teeth strong.**

**Fluoride is found in toothpaste, mouthwash, and even in the water you drink.**

## Immunizations

N/DA



**Immunizations can also be called vaccinations, inoculations, or "baby shots." Immunizations help the body fight off bad germs that can cause a person to get sick. Children are safe from diseases like measles and mumps because of these medicines.**