

# DID YOU KNOW?

Products beyond their expiration date may lose their effectiveness because the active ingredients can have a limited shelf life. Storage conditions such as temperature, moisture, or light can also influence expiration – always store as directed by the label.

Don't risk it with expired medicine.

Make sure your kids have an effective dose when they need it most.

## CHECK

Head to your medicine cabinet and look for the expiration date, usually printed on the label or stamped onto the bottle or carton. It may be listed as USE BY MM/DD/YYYY or EXP MMDDYYYY.

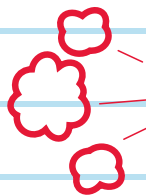
## TOSS

Read the label and identify any specific disposal instructions. One safe and easy way to dispose of expired medicine is at your local pharmacy, or a drug-take back program. You can throw expired medicine away in household trash after mixing with unwanted substances like coffee grounds, dirt, or kitty litter. Safe disposal means the expired product can't be accidentally found by kids or pets.

## REPLACE

Replace your expired medicine with a fresh set at your local retailer, online, or wherever you do your shopping. Be sure to store your medicine safely in a cabinet or drawer that is out of the reach of children. Keep the product in its original packaging and away from direct sunlight or harsh temperatures.

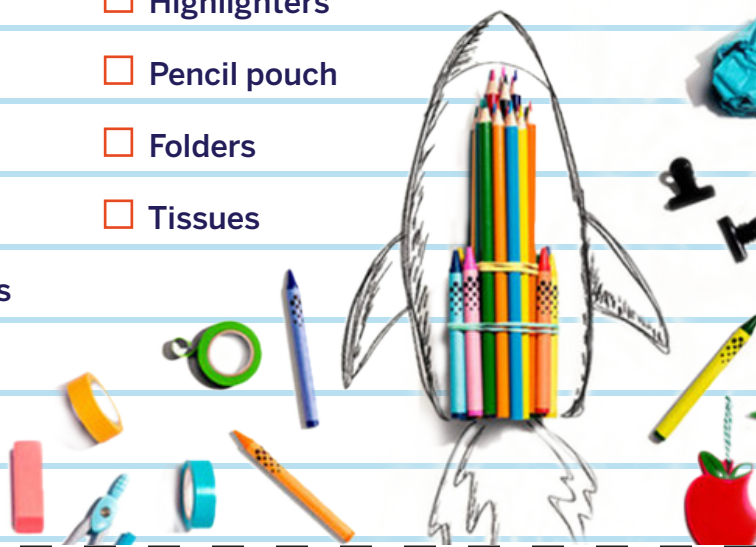
You might not always need **TYLENOL**® and **MOTRIN**®, but when your kids are sick, you want to give them medicine that has not expired. Be prepared with up-to-date **CHILDREN'S TYLENOL**® and **CHILDREN'S MOTRIN**® on hand whenever symptoms strike.



# Back to School Shopping List



- Children's MOTRIN®
- Children's TYLENOL®
- Backpack
- Lunch box
- Ice packs
- Hand sanitizer
- Pencils
- Notebooks
- Colored pencils or crayons
- Glue
- Erasers
- Water bottle
- Scissors
- Highlighters
- Pencil pouch
- Folders
- Tissues



## Daily Checklist for Kids

	MON	TUES	WED	THURS	FRI
Get dressed	●	●	●	●	●
Eat breakfast	●	●	●	●	●
Get ready for school	●	●	●	●	●
Brush teeth	●	●	●	●	●
Read a book	●	●	●	●	●
Do chores	●	●	●	●	●
Finish homework	●	●	●	●	●