

Me and my Medication



What is medication?

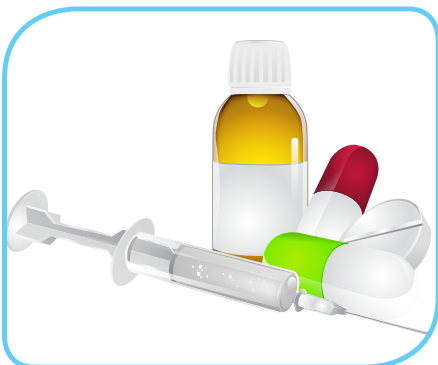


We all get poorly sometimes, we might catch a cold, feel sick or get ill in other ways.

These are called common illnesses and we might get these in the winter or if we eat something bad.



We also might have a problem in the way we think, this is called a mental illness.



To help us get better or to help us live a good life with an illness, we might take medication.



Medication comes in lots of different forms and it can be confusing and worrying if you don't understand why you are taking it or how to take it.



These maybe tablets or suppositories

- Tablets are things you usually swallow
- Suppositories are things you put up your bottom



Liquids that you drink or sip



Injections



Drops or Inhalers