

Taking Medication in Public

Sometimes kids and teenagers do not want other people to know that they take medication. Other kids and teens might not know how to talk to their friends and teachers about having a chronic medical condition. Since friends and social relationships are so important to kids and teens, there are times that someone may choose to skip their medication. Many kids and teens who have a chronic medical condition find that it helps to tell their friends why they take medication so that rumors are not spread.

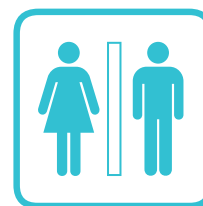
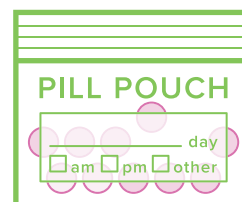
Ways to take medication without others knowing

What to use for doses “on-the-go:”

- Use a pill container that attaches to your key chain.
- Use a small plastic pill pouch and carry it in your wallet.
- Use a decorative pill container.
- Put stickers or decorations on medication bottles or inhalers.

Taking medication:

- If in public or at a friend’s house, go to the bathroom.
- If at school, ask to take medication in the nurse’s or main office.



What to say when someone asks “Why are you taking medicine?” Some suggestions are below:

- “I take medicine because I have _____ (disease) and I need the medicine to stay healthy.”
- “My medicine keeps my _____ (organ) in good shape.”
- “It’s private.”
- “My doctor tells me I have to take medicine.”



Need more help?

Some children and teenagers may need additional help dealing with embarrassment related to their chronic health condition and/or taking medication. A behavior medicine specialist can help you with this. Please consider having your healthcare team make a referral to Behavioral Medicine or you can call them yourself (513-636-4336) if the strategies above are not helpful or if your child is being teased/bullied or avoids school or social situations.