

## At the Pharmacy

### 9:30-9:40 Ice Breaker

What was the best thing that happened this last week?  
What was the worst thing that happened this last week?



### 9:40-9:50 Preview

Your local pharmacist can be very helpful. She can **fill a prescription**<sup>1</sup> from your doctor, answer your questions, and explain the safe use of medications. She can also advise you about **common side effects**<sup>2</sup> of medicines. For example, some medicine may cause headaches, upset stomach, or **rash**<sup>3</sup>. Your pharmacist can also help you find **over-the-counter medications**<sup>4</sup> for conditions such as **a cough, cold or flu**<sup>5</sup>.

*Discuss these questions before reading the dialog.*

1. Do you know the name of your local pharmacist? Have you ever asked him or her to recommend any medication? If yes, what was the result?
2. Do you ask your pharmacist for information? What kind of information?

### 9:50-10:05 Dialog

*Practice taking turns saying the dialog with a partner.*

This Spring, Emi is having problems with allergies and asks her local pharmacist for advice.

Pharmacist: Hello, can I help you?

Emi: Yes, I am sneezing a lot, and my eyes are **itchy**<sup>6</sup>. What do you suggest?

Pharmacist: Do you have a cold?

Emi: No, I think it's **an allergy**<sup>7</sup>.

Pharmacist: Then, I recommend an **antihistamine**<sup>8</sup>.

Emi: Where can I find it?

Pharmacist: Let me show you. The anti-histamines are right over here. Allegra is a good anti-histamine. It's for both indoor and outdoor allergies. You can use it for **runny nose**<sup>9</sup>, sneezing, itchy, watery eyes, and itching of the nose and throat.

Emi: How often should I take it?

Pharmacist: Only one tablet a day. That's all.

Emi: You know, my daughter has the same **symptoms**<sup>10</sup>. Can she take Allegra also?

Pharmacist: How old is your daughter?

Emi: She's 7 years old.

Pharmacist: Allegra is for adults and children 12 years of age and older. Instead, you can try Children's Allegra. It's an antihistamine for children.

Emi: Thanks for your help.

Pharmacist: You're welcome.

### Common Recommendations

#### What's good to use when you...

1. have **constipation**<sup>11</sup>
2. have **acne**<sup>12</sup>
3. have **nausea**<sup>13</sup>
4. have **diarrhea**<sup>14</sup>
5. have **sore muscles**<sup>15</sup>
6. have **dandruff**
7. have a small cut or scrape
8. have dry eyes
9. mosquito bites

#### I recommend.....

- a. a laxative
- c. a skin cleanser
- e. an antacid (Maalox, Pepto-Bismol)
- f. some Imodium
- g. a pain killer (Tylenol)
- h. a dandruff shampoo (Head & Shoulders)
- i. some rubbing alcohol to clean and disinfect
- j. some eye drops
- k. some rubbing alcohol to stop the itching

#### **10:05-10:20 Role Play**

*Practice asking a pharmacist for help. Create your own dialog to practice talking to a pharmacist. Use the example conversation in the dialog along with the symptoms and corresponding medications above.*

## Vocabulary

1. **fill a prescription/prescribe:** complete a doctor's order for medications/to write an order (prescription) for medication
2. **common side effects:** an effect of a medicine besides the expected effect, e.g., The side effect of this pain pill was a dry mouth.
3. **rash:** red spots on the skin
4. **over-the-counter medications:** medications you can buy without a doctor's prescription (order)
5. **cough, cold, flu:** an illness usually with a blocked runny nose, fever, and general achiness/virus
6. **itchy:** a feeling on the skin causing an urge to scratch
7. **allergy:** an unusually high sensitivity to substances such as certain plants, chemicals, foods, animals, or dust.
8. **antihistamine:** a type of medicine used to reduce the symptoms of allergies and colds
9. **runny nose:** a liquid coming from the nose that makes you want to blow your nose often
10. **symptoms:** changes in the condition or appearance of the body that are a sign of disease
11. **constipated:** difficulty in moving waste from one's bowels
12. **acne:** a skin condition of red spots (pimples), especially on the face, common among teenagers
13. **nausea:** an upset stomach, heartburn, acidity
14. **diarrhea:** a disorder in which bowel movements are too watery and too frequent.
- 15: **sore muscles:** dull pain in the muscles, especially after doing difficult exercise

## **10:20-10:30 Grammar (See online grammar presentation)**

Write "a" or "an" before the singular count nouns and write "some" before non-count nouns or plural nouns.

- |                              |                        |
|------------------------------|------------------------|
| 1. _____ nail files          | 7. _____ mouthwash     |
| 2. _____ box of tissue       | 8. _____ dental floss  |
| 3. _____ razor               | 9. _____ comb          |
| 4. _____ eyebrow pencil      | 10. _____ toothbrush   |
| 5. _____ rubbing alcohol     | 11. _____ cotton swabs |
| 6. _____ moisturizing lotion | 12. _____ eye drops    |

### **10:30-10:40 Discussion Questions**

*Discuss these questions with others at your table.*

1. Did you have a pharmacist in your country?
2. Are the medications in your country similar to those in the U.S.? Can you think of a remedy for a medical problem that is common in your country but not common in the U.S.?
3. Do doctors in your country prescribe herbal medications? If so what are some examples?
4. Do you think that different kinds of tea are good medicine? What are some benefits to tea that you know about?
5. Do you take vitamins? Which kind? For what purpose?
6. What do you do if you need more medicine (refill) than was prescribed by your doctor?
7. Do you pay 100 percent of the cost for your medication? If not, who pays for your medications? Is this the same method as in your country?
8. Do you buy any of your medication on-line? If yes, what are the advantages of buying on-line?