

## **DHTA3 SESSION 1**

### **ACTIVITY: THE HEALTH LITERACY PANEL**

*Horizontal format  
(to project)*



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# HEALTH LITERACY PANEL

Read the leaflet with directions of use of a medication



Buy 10 boxes of medicine so that I never run out



Interpret the doctor's instructions on the prescription



Keep important documents about my health in order



Take all my medications at once so I don't have to remember when each one is due



Check the expiration date of medications



Learn how to book an appointment with my doctor



Ask the doctor all my questions when I have a visit



Flush my leftover medicines down the toilet



Take medicines that I no longer need to the recycling point



Self-prescribe a medicine when I feel unwell



Knowing the things that are good for my health: nutrition, physical activity...



Put a green post-it note on the boxes that mean a good level of health literacy

