



MEDICINE SAFETY

SAFE STORAGE:

- Keep all medicines (prescription, over-the-counter and homeopathic), vitamins, eye drops, and ointments in a locked cabinet or up and away, out of your child's sight and reach.
- Be sure to keep medicines and shampoos meant for furry family members up and away too.
- Never leave medicines or vitamins out where kids can reach them, even if you are tempted to keep them handy.
- Do not to leave medication anywhere children might be exploring, like nightstand drawers, jacket pockets or handbags.
- Choose products that come with child-resistant caps and make sure you twist the safety cap until you hear it click or until you can't twist it anymore.

SAFE USAGE:

- Always read the label and the dosing instructions. Make sure you know what's in the medicine and the possible side effects, and to never give a child more than the recommended dosage.
- Keep everything in its original packaging so the directions and ingredients are right there (for each use and in an emergency).
- Use the dosing device that comes with the medicine. Kitchen spoons are not all the same and you could give your child the wrong dose.
- Kids should never take left-over medicine, either from someone else or from a previous illness.

TEACHING MEDICINE SAFETY:

- If someone else is giving your child medicine, be clear about the dosage. Leave written instructions with the name of the medicine, when to give it, and how much your child should have.
- Never tell kids that that medicine tastes like candy. Even if it tastes good, you don't want to encourage them to go looking for it.
- Explain to children what medicine is and why you need to be the one to give it to them. Talk to older kids about the dangers of abusing over-the-counter and prescription drugs.
- Remind guests and relatives not to leave their medications where kids can find them.

DOWNLOAD THE MAKE SAFE HAPPEN APP

Developed in partnership with the safety experts at Nationwide Children's Hospital, the app helps you make your home safer. Get room-by-room safety checklists, link to recommended products, and set reminders.



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MAKE SAFE HAPPEN®

MEDICINE SAFETY

SAFE DISPOSAL:

- Get rid of unused or expired medicines. See if your community has a take-back program.
- To dispose of medications yourself: Remove the medication from its packaging and pour it into a sealable plastic bag. If you're throwing out pills, add water to dissolve them. Mix in cat litter, sawdust or used coffee grounds and toss it in the garbage.
- Don't flush prescription medications down the sink or toilet unless you're specifically instructed to do so.
- If you have any questions about how to safely dispose of any unused or expired medicines, call your pharmacist or the Poison Help number.

POISON HELP NUMBER:

- The Poison Help number is 1-800-222-1222. It's not just for emergencies. You can also call with questions about taking, giving and disposing of medicine.
- Save this number in your phone and have it somewhere caregivers can easily find it.

DURING AN EMERGENCY:

- If your child is conscious and breathing, call the Poison Help number, 1-800-222-1222.
- If your child is unconscious, not breathing, or having seizures, call 911 immediately.
- Do not make the child vomit or give them anything like syrup of ipecac or charcoal unless you are told to do so by a trained medical professional.

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