



Children Medication Safety

<https://www.safekids.org/medicinesafety>

- 1. Put all medicine and vitamins up and away and out of sight, every time.** In 86% of emergency department visits for medicine poisoning, the child got into medicine belonging to a parent or grandparent. Be sure the safety cap is locked on medicine bottles.
- 2. Consider places where kids get into medicine.** Kids get into medication in all sorts of places, like in purses and nightstands. Place purses and bags in high locations, and avoid leaving medicine on a nightstand or dresser. In 2 out of 3 emergency room visits for medicine poisoning, the medicine was left within reach of a child.
- 3. Asks house guests and visitors** to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.
- 4. Consider products you might not think about as medicine.** Health products such as vitamins, diaper rash creams, eye drops and even hand sanitizer can be harmful if kids get into them. Store these items up, away and out of sight, just as you would traditional medicine.
- 5. Prevent dosing errors.** Only use the dosing device that comes with the medicine. Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount of medicine as a dosing device.
- 6. Write clear instructions for caregivers about your child's medicine.** When other caregivers are giving your child medicine, they need to know what medicine to give, how much to give and when to give it. Using a medicine schedule can help with communication between caregivers.
- 7. Tell your children what medicine is and why you must be the one to give it to them.** Never tell children that medicine is candy to get them to take it, even if your child does not like to take his/her medicine.
- 8. Save the Poison Help line in your phone: 1-800-222-1222.** Put the toll-free number for the Poison Control Center into your home and cell phones. You can also put the number on your refrigerator or another place in your home where babysitters and caregivers can see it. And remember, the Poison Help line is not just for emergencies, you can call with questions about how to take or give medicine.



POISON CONTROL PHONE NUMBER: 1-800-222-1222 !!