



Up and Away Medication Safety Tip Sheet

Medicines and vitamins help families feel well and stay well, but children are curious; to keep them safe, parents and caregivers must practice safe medicine storage. All medicines and vitamins should always be kept up and away and out of your child's reach and sight – *every* time they are used. The **following tips** can help:

- ✓ **Store medicines in a safe location** that is too high for young children to reach or see.
- ✓ **Never leave medicine or vitamins out** on a kitchen counter or at a sick child's bedside, even if you have to give the medicine again in a few hours.
- ✓ **Always relock the safety cap on a medicine bottle.** If it has a locking cap that turns, twist it until you hear the click or you cannot twist anymore.
- ✓ **Tell children what medicine is** and why you must be the one to give it to them.
- ✓ **Never tell children medicine is candy so they'll take it,** even if your child does not like to take his or her medicine.
- ✓ **Remind babysitters, houseguests, and visitors** to keep purses, bags, or coats that have medicines in them up and away and out of sight when they are in your home.
- ✓ **Program the Poison Help number 1-800-222-1222 into your home and cell phones** so you will have it when you need it.

To help remember to take your medicines or vitamins when they are no longer out in plain view, use the following tips:

- ✓ Write a note to yourself, and put the note somewhere you will see it: examples include the family bulletin board, refrigerator, bathroom mirror, or next to your keys.
- ✓ Set a daily reminder for yourself. For example, you could send yourself an e-mail or set the alarm on your watch or cell phone.
- ✓ Take your medicine or vitamins at the same time every day, if possible.
- ✓ Use a medicine log to keep track each time you take or give medicine.