




Keep your
child safe.

Put your medicines
up  **away**
and out of sight

Learn how.

In partnership with the Centers for Disease Control and Prevention (CDC)

Know the facts.

Approximately **35,000** young children are brought to the emergency room *each* year because they got into medicines that were left within reach.

Families take medicines and vitamins to feel well or stay well. Any medicine or vitamin can be dangerous if taken in the wrong way or by the wrong person, even medicine you buy without a prescription (known as over-the-counter medicine). All medicines, vitamins, and supplements—especially those in gummy form—should always be kept up and away and out of your child's reach and sight, even between doses.



Protect your child. Here's how.

Put medicines, vitamins, and supplements up and away—out of reach and out of sight, even between doses.

Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.

➤ **Pick a place your children cannot reach**

Find a place in your home that is too high for children to reach or see. Different families will have different places. Walk around your home and find the best place to keep your medicines, vitamins, and supplements—especially those in gummy form—up and away, even between doses. Make sure that medicines carried with you (including those in purses, bags, pockets, or pill organizers) are also kept out of sight and reach of young children.

➤ **Never leave loose pills or liquid medicines out on a counter, table, or child's bedside**

To a young child, pills can look like candy and liquid medicines can look like sugary drinks, so it's important to keep them out of children's reach and sight.



➤ **At home or away, keep medicines in their original, child-resistant containers, and always relock the safety cap on a medicine bottle**

If the medicine has a locking cap that turns, twist it until you can't twist anymore or hear the "click." If you must put medicines in other containers, such as pill organizers, check to see if they are child-resistant. Many are not and can be easily opened by young children.

➤ **Teach your children about medicine safety**

It's important to teach your children what medicine is and why you or another caregiver must be the one to give it to them. Never tell children medicine is candy, even if they don't like to take their medicine.

➤ **Inside homes with children, discuss keeping medicine in a safe place**

Remind guests to keep purses, bags, or coats that have medicines in them up and away and out of sight when they're in your home. If you bring medicines with you to a home with young children, don't be shy about asking for a place to put your medicines that is out of reach and sight of curious young kids.



Be prepared in case of an emergency.



Save the Poison Help number
in your phone:

(800) 222-1222

or visit www.poisonhelp.org

Contact Poison Help right away if you think your child might have gotten into a medicine, vitamin, or supplement.

Make sure that babysitters, older children, grandparents, and frequent family visitors have this information too, in case there's an emergency when they're in charge.



When accidents happen or if you have questions,
call Poison Help at

(800) 222-1222

Put your medicines

up **AND** away
and out of sight

www.UpandAway.org

Up and Away and Out of Sight is an educational program to remind families of the importance of safe medicine storage. It is part of the PROTECT Initiative, in partnership with the Centers for Disease Control and Prevention (CDC).

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Control and Prevention (CDC)**



PROTECT
advancing children's medicine safety