

Safe Medicine Storage for: Parents

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



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. Always put every medicine, vitamin, and supplement—especially those in gummy form—up and away every time you use it, including those you use every day, even between doses.

The following tips can help:

Store medicines in a safe location that is too high for young children to reach or see, even between doses.

Never leave medicines, vitamins, or supplements 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 until you can't 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 doesn't 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're in your home.

Keep the Poison Help number in all of your phones: (800) 222-1222.

Or text “POISON” TO 797979 to automatically save it.

For more tools and information, visit **UpandAway.org**.

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