

# 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 and vitamin away every time you use it, including those you use every day.

## The following tips can help:

- ✓ Keep medicines (including those carried in purses, bags, pockets, or pill organizers), in a safe location that is too high for young children to reach or see.
- ✓ Never leave medicines or vitamins out on a counter, table, or at a sick child's bedside. At home or away, keep medicines in child-resistant containers until right before you take them.
- ✓ Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you can't twist anymore or hear the "click."
- ✓ Teach 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 so they'll take it, even if your child doesn't like to take their 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](https://UpandAway.org).

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