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.

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