

# Up and Away Toolkit

## Summer Medication Safety Celebration

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

### Celebrate summer by sharing Up and Away resources

With hectic summer schedules, it's easy to forget about everyday tasks — like putting medicines, vitamins, and other supplements up and away where young kids can't see or reach them. With the first day of summer, June 21, right around the corner, it's the perfect time to remind parents and caregivers about medication safety! Please help us celebrate summer and promote safe medication storage by sharing the Up and Away resources in this toolkit June 21-July 8, 2023.

You can also follow CDC on social media and share our posts about safe medication storage. Look for us on:



### What's in the toolkit?

This Up and Away toolkit includes:

- 1 video (15 seconds long, English and Spanish)
- 3 sample social media messages to promote the video (English and Spanish)
- 2 short articles — 1 for healthcare professionals and 1 for parents and caregivers — to share through your organization's newsletter, email blast, webpage, or other communication channels (English)

### Video

Click on the thumbnails below to view, download, and share the video

#### English



#### Español (Spanish)



# Up and Away Toolkit

## Summer Medication Safety Celebration



### Sample social media messages for video

#### English

- Planning a family vacation? Be sure to pack your medicines in child-resistant containers. If you're staying at a hotel, put medicines and supplements in a place kids can't reach, like a room safe or a high closet shelf. Learn more: [UpAndAway.org](https://UpAndAway.org) #MedsUpAway
- Help your kids stay healthy by storing medicines, vitamins, and other supplements safely on the go. If you carry medicines in your bag, keep them in child-resistant containers — and put your bag where young kids can't reach it. More info: [UpAndAway.org](https://UpAndAway.org) #MedsUpAway
- Summer is here! Whether at home or on the go, it's important to store medicine safely. Keep medicines, vitamins, and other supplements — including gummies — in a safe place young kids can't see or reach. Learn more: [UpAndAway.org](https://UpAndAway.org) #MedsUpAway

#### Español (Spanish)

- ¿Vacaciones en familia? Empaca tus #medicamentos en contenedores a prueba de niños. Si van a un hotel, pon los medicamentos, vitaminas y otros suplementos donde los niños no puedan alcanzarlos: una caja fuerte o algún lugar elevado. Aprende más: [UpAndAway.org/es/](https://UpAndAway.org/es/)
- Ayuda a tus hijos a estar seguros guardando #medicamentos, vitaminas y suplementos de forma segura cuando salgas. ¿Llevas medicamentos en tu bolso? Ponlos en contenedores a prueba de niños. Deja tu bolso donde los pequeños no puedan alcanzarlo. Infórmate: [UpAndAway.org/es/](https://UpAndAway.org/es/)
- ¡Llegó el verano! Con los niños pasando más tiempo en casa, es vital guardar los #medicamentos de forma segura. Mantén medicamentos, vitaminas y suplementos, incluyendo los que parecen gomitas, en un lugar seguro que los niños no puedan ver o alcanzar: [UpAndAway.org/es/](https://UpAndAway.org/es/)

### Short articles

Share these articles with your audiences to spread the word about medication safety.

#### Article for healthcare professionals

Does your organization work with healthcare professionals like doctors, nurses, or pharmacists? If so, share this article to encourage them to educate parents about medication safety. Feel free to adapt the text as needed.

## Promote Medication Safety This Summer

This summer, you can help prevent unintentional medication overdoses in children by educating parents and caregivers about medication safety. Children spend more time with family during the summer months, so it's especially important for parents to store medicines, vitamins, and other supplements safely — at home and on the go.

Many families are gearing up for family vacations. Encourage them to bring medicines in child-resistant containers and keep the containers in a safe place while traveling and when they arrive at their destination. For example, if the family is staying at a hotel, parents and caregivers can put medicines in the hotel room's safe or on a high closet shelf. Remind them to store medicines, vitamins, and other supplements safely at home, too. Families can keep kids safe by putting medicines away right after giving or taking them, in a place kids can't see or reach.

It's also important for parents and caregivers to understand that these tips also apply to vitamins and other supplements — including those in gummy form that can be appealing to young children.

For more medication safety tips and helpful resources, check out the **PROTECT Initiative's Up and Away campaign**. Up and Away teaches parents and caregivers to keep children safe by putting all medicines, vitamins, and other supplements up and away, out of sight and out of reach of young children. Explore social media graphics, videos, and more at [UpAndAway.org](https://UpAndAway.org).

## Article for parents and caregivers

If your organization works with parents and caregivers, share this article to educate them about medication safety. Feel free to adapt the text as needed.

### Help Your Kids Stay Safe This Summer — Keep All Medicines Up and Away

Kids can get sick if they swallow medicines, vitamins, or other supplements they're not supposed to — including those that come in gummy form. Help your kids stay healthy this summer by keeping your medicines in a safe place — whether you're at home or on the go. Try these tips to store medicines safely:

- With hectic summer schedules, it's easy to forget about everyday tasks. Don't forget to put medicines, vitamins, and other supplements away right after you give or take them, every time.
- Keep medicines in a place kids can't see or reach — like in a high cabinet or on a high closet shelf.

- Planning a family vacation? Be sure to pack your medicines in child-resistant containers. If you're staying in a hotel, you can put medicines in the hotel room safe or on a high shelf in the closet.
- Be sure to keep your vitamins and other supplements — including those in gummy form — up and away and out of sight and reach too!

Learn how to keep medicines somewhere safe at [UpAndAway.org](https://upandaway.org).

If you think your child might have swallowed a medicine, vitamin, or other supplement, get help right away — even if you're not sure. **Call Poison Help at 800-222-1222** or go to [PoisonHelp.org](https://PoisonHelp.org)

## Explore more medication safety resources

Check out more Up and Away toolkits and other helpful resources at <https://upandaway.org/en/resources/>.