

# Up and Away Toolkit Medication Safety for Grandparents

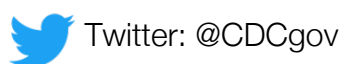


## Celebrate Grandparents' Day by sharing Up and Away resources

Grandparents love spending time with their grandkids. But many grandparents aren't around young children every day, so it's easy to forget about safe medication storage habits — like putting medicines, vitamins, and other supplements up and away and out of children's reach and sight.

With Grandparents' Day coming up on September 10, it's the perfect time to remind grandparents and other caregivers about medication safety! Please help us celebrate Grandparents' Day and promote safe medication storage by **sharing the Up and Away resources in this toolkit from September 3-10, 2023**.

You can also follow the Centers for Disease Control and Prevention (CDC) on social media and re-share our posts about safe medication storage. Look for us on:



## What's in the toolkit?

This Up and Away toolkit includes:

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

## Graphic

You'll find the social media graphics (in both English and Spanish) at [UpAndAway.org/en/resources](https://UpAndAway.org/en/resources). You can download the image files and post them to your preferred social media platform. Need some inspiration for a post? We've included sample social media messages below.

### English



### Español (Spanish)



## Video

Click on the video thumbnails below or visit [UpAndAway.org/resources](https://UpAndAway.org/resources) to view, download, and share the video. You'll also find sample social media messages to use with the video below.

### English



### Español (Spanish)



## Sample social media messages for graphics and video

### English

- Grandparents' Day is 9/10! Put medicines, vitamins, and other supplements #UpAndAway where kids can't see or reach — like a high cabinet or closet shelf — and sweep or vacuum to catch pills that might have fallen on the floor. Learn more: [UpAndAway.org](https://UpAndAway.org) #MedsUpAway
- Grandparents: Swallowing medicines can make kids and pets sick. Keep them safe by sweeping or vacuuming to get rid of any dropped pills — and put all medicines, vitamins, and other supplements #UpAndAway in a place they can't see or reach. Learn more: [UpAndAway.org](https://UpAndAway.org) #MedsUpAway
- Grandkids coming over? Sweep or vacuum the floors before they arrive. Dropped pills can roll out of sight. Keep young kids and pets safe by keeping floors clear, and put all medicines, vitamins, and supplements #UpAndAway. Learn more: [UpAndAway.org](https://UpAndAway.org) #MedsUpAway

### Español (Spanish)

- ¡El 10 de sept. es el Día de los Abuelos! Ponga medicamentos, vitaminas y otros suplementos en un lugar seguro que los niños no puedan ver o alcanzar, como un armario o clóset. Barra o pase la aspiradora para recoger píldoras que hayan caído. Aprenda más: [UpAndAway.org/es/](https://UpAndAway.org/es/)
- Tragar medicamentos puede enfermar a niños y mascotas. Manténgalos seguros barriendo o pasando la aspiradora para eliminar píldoras que hayan caído al piso. Ponga medicamentos, vitaminas y suplementos donde no puedan verlos o alcanzarlos. Aprenda más: [UpAndAway.org/es](https://UpAndAway.org/es/)
- ¿Tiene nietos de visita? Barra o pase la aspiradora antes de que lleguen. Las píldoras pueden caer fuera de la vista. Limpie los pisos para que niños pequeños y mascotas estén seguros. Ponga medicinas, vitaminas y suplementos fuera de alcance. Aprenda más: [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 grandparents about medication safety around young children. Feel free to adapt the text as needed!

#### Promote Medication Safety This Grandparents' Day

This Grandparents' Day (September 10), you can help prevent medication overdoses in young children by educating grandparents (including great-grandparents and other caregivers!) about medication safety. Many grandparents don't see their grandkids every day, so it's especially important to remind them how to store medicines safely when young children are around.

Help grandparents and caregivers prepare for a visit or day out with their grandkids:

- Remind grandparents to put all medicines, vitamins, and other supplements (including gummies) up and away in a place young kids can't see or reach. Suggest safe places like a high cabinet or closet shelf.
- It's easy for pills to fall on the ground and roll out of sight. Remind grandparents that sweeping or vacuuming the floor before a visit can keep kids (and pets!) safe.
- Many people carry medicine on the go. Encourage grandparents to keep medicines in child-resistant containers inside their purse or bag — and then keep the bag in a place kids can't see or reach.

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

## Article for grandparents

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

### Help Your Grandkids Stay Safe — Keep All Medicines Up and Away

September 10 is Grandparents' Day! It's a time to celebrate the special bond between grandparents (or great-grandparents and other caregivers!) and grandkids. You can show your grandkids how much you care — and help them stay healthy — by keeping medicines in a safe place when you spend time together. Kids (and pets!) can get sick if they swallow medicines, vitamins, or other supplements they're not supposed to (including gummies). Follow these tips to help your grandkids stay safe:

- Grandkids coming over? Take time to sweep or vacuum the floor before they arrive. It's easy for pills to fall on the floor and roll out of sight where young children (or pets) could find them.
- Whether you're at home or visiting with family, put medicines [up and away](#) in a place your grandkids can't see or reach. For example, you can put them in a high cabinet or on a high closet shelf.
- If you carry medicines with you in your bag or purse, keep them in child-resistant containers — and keep your bag or purse where young kids can't see or reach it.

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

If you think a 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 tips and other helpful resources at <https://UpAndAway.org/en/resources>.