

Do you  
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**UP AND** away  
and out of sight?

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Each year more than 50,000 young children visit emergency departments because they got into medicines while their parent or caregiver was not looking.

Educating your children on the correct usage and potential dangers of medicine is an important step in protecting children from unsupervised ingestion.

### Make sure your children know:



What medicine is

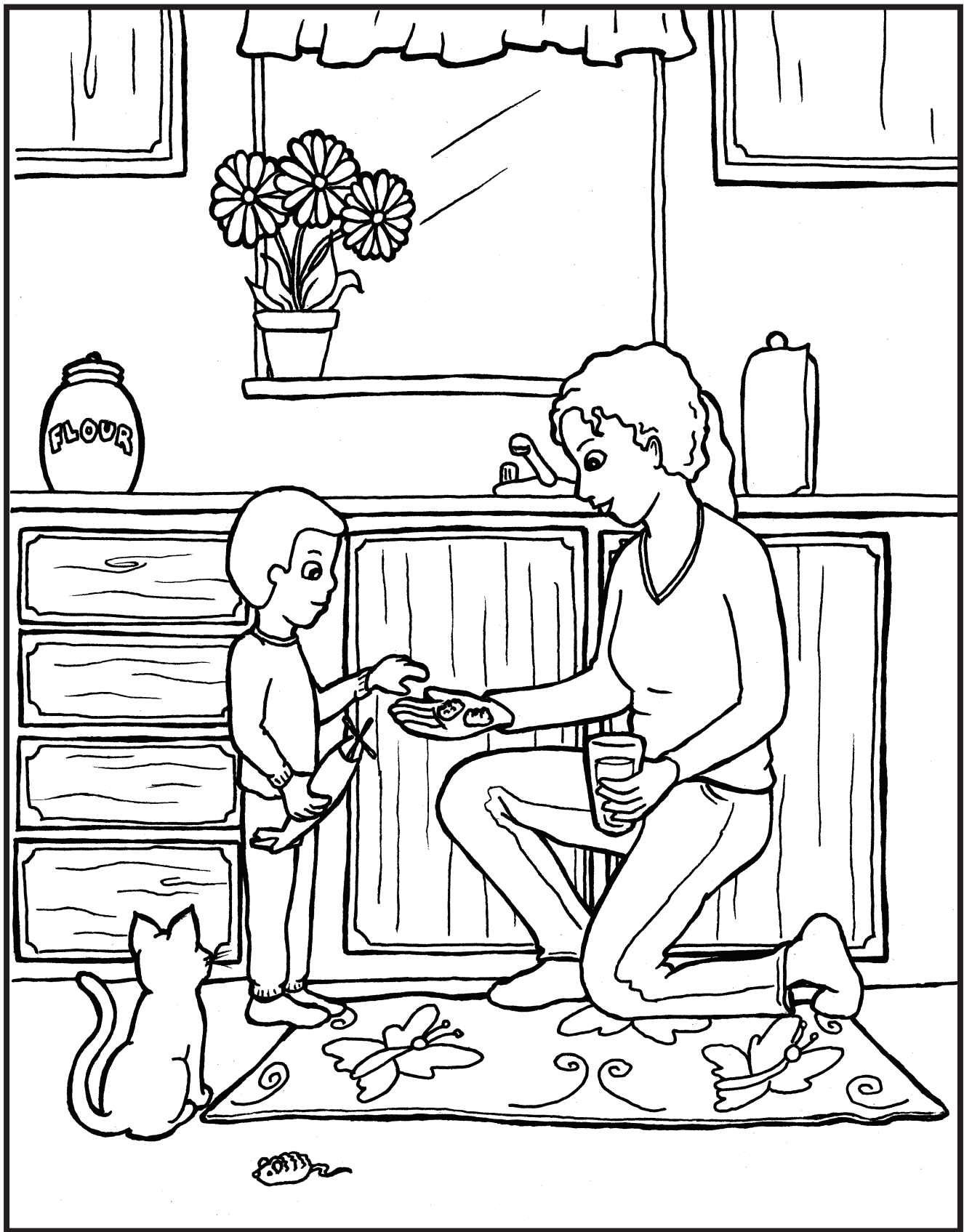


Why you must be the one to give it to them



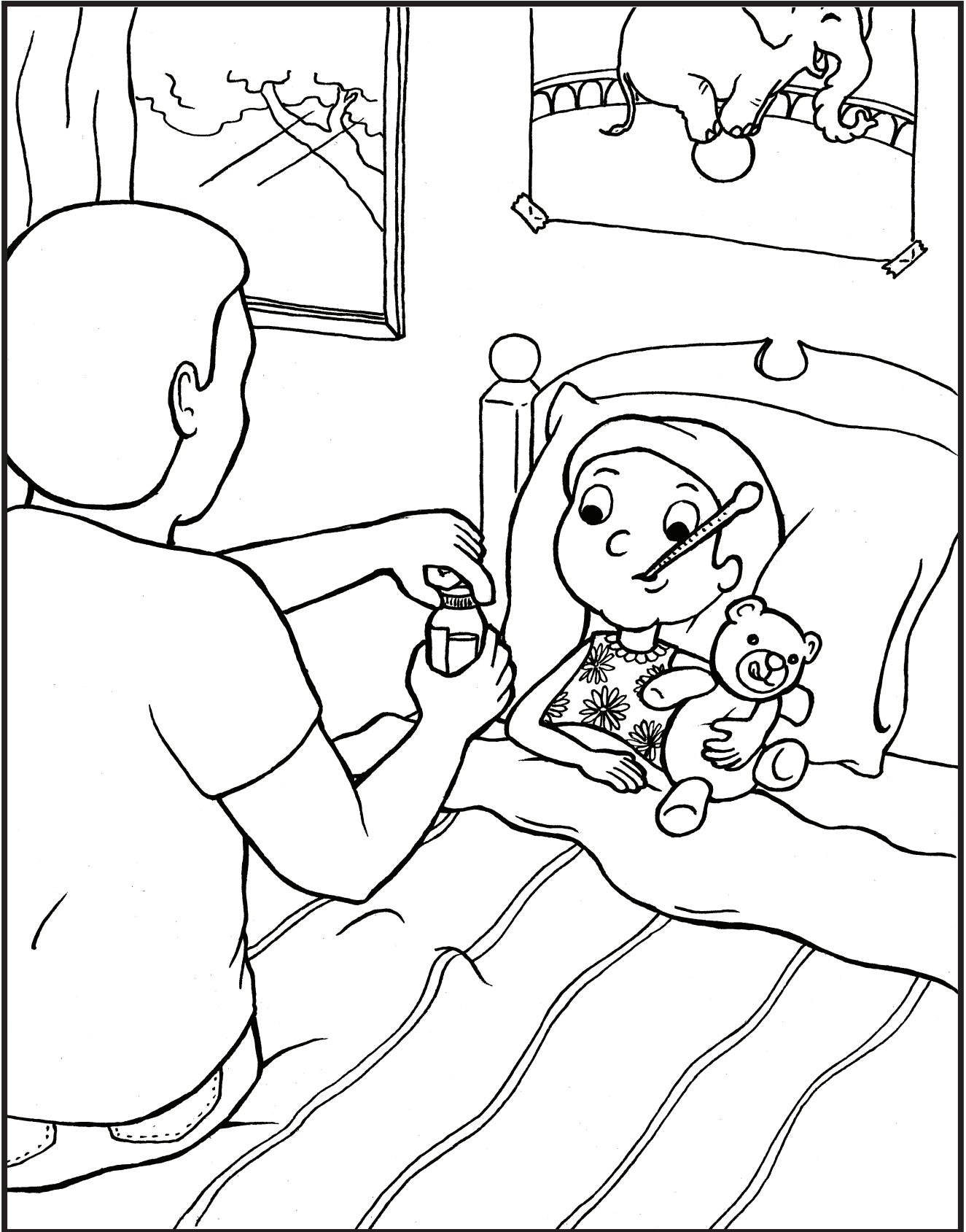
Medicine is **NOT** candy

Only take medicine when a grown-up gives it to you.



**Parent tip:** Tell your children what medicine and vitamins are and that they should only be given by a parent or other adult who is caring for them.

Medicine is NOT candy.



**Parent tip:** Never tell children medicine is candy. If children think medicine is candy they will take it even when you are not looking.

## Up and Away Medication Safety Tip Sheet

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. All medicines and vitamins should always be kept up and away and out of your child's reach and sight - every time they are used. The following tips can help:

- ✓ Store medicines in a safe location that is too high for young children to reach or see.
- ✓ Never leave medicine or vitamins 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 you cannot 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 does not 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 are in your home.
- ✓ Program the Poison Help number 1-800-222-1222 into your home and cell phones so you will have it when you need it.

To help remember to take your medicines or vitamins when they are no longer out in plain view, use the following tips:

- ✓ Write a note to yourself, and put the note somewhere you will see it: examples include the family bulletin board, refrigerator, bathroom mirror, or next to your keys.
- ✓ Set a daily reminder for yourself. For example, you could send yourself an e-mail or set the alarm on your watch or cell phone.
- ✓ Take your medicine or vitamins at the same time every day, if possible.
- ✓ Use a medicine log to keep track each time you take or give medicine.