



5 Things to Know about Kids and Medicine



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Medicine Safety Tips to Remember

- 1 **Keep all medicine out of children's reach and sight, even medicine you take every day.** Kids are naturally curious and can easily get into things, like medicine and vitamins, if they are kept in places within their reach.
- 2 **Remember child-resistant packaging is not child-proof.** While a child-resistant medicine container can slow down a child trying to open it, it is not child-proof. So put medicine away after every use, even if you need to give another dose in a few hours.
- 3 **Keep medicine safety on your child-proofing checklist.** As your child learns new skills and becomes more mobile, anticipate that you may need to continue to assess and change where you keep medicine.
- 4 **Save the Poison Help number in your phone: 1-800-222-1222.** Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They help with poison emergencies and can also answer questions about medicine.
- 5 **Share medicine safety information with family and friends.** When kids are with other caregivers or visiting another home, it is important that adults know how to keep kids safe around medicine.



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