

Put your medicines
up AND away
and out of sight

Learn how.

In partnership with the **Centers for Disease Control and Prevention (CDC)**

Know the facts.

Approximately **60,000** young children are brought to the emergency room *each* year because they got into medicines that were left within reach.

Families take medicines and vitamins to feel well or stay well. Any medicine or vitamin can be dangerous if taken in the wrong way or by the wrong person, even medicine you buy without a prescription (known as over-the-counter medicine). All medicines and vitamins should always be kept up and away and out of your child's reach and sight.



Protect your child. Here's how.

Put medicines and vitamins up and away—out of reach and out of sight.

Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.

Pick a place your children cannot reach

Find a place in your home that is too high for children to reach or see. Different families will have different places. Walk around your home and find the best place to store your medicines and vitamins up and away.

Put medicines and vitamins away after each use

Always put *every* medicine and vitamin away *every* time you use it. This includes medicines and vitamins you use *every* day. Never leave them 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.



Hear the click to make sure the safety cap is locked

Always relock the safety cap on a medicine bottle. If the medicine has a locking cap that turns, twist it until you hear the “click” or until you can’t twist anymore. Remember, even though many medicines and vitamins have safety caps, children may be able to open them.

Teach your children about medicine safety

Tell your children what medicine is and why you must be the one to give it to them. Never tell children medicine is candy to get them to take it, even if your child does not like to take his or her medicine.

Tell guests about medicine safety

Remind guests to keep purses, bags, or coats that have medicines in them up and away and out of sight when they're in your home.



Be prepared in case of an emergency.



Keep the Poison Help number in all of your phones:

(800) 222-1222

Or text “POISON” TO 797979 to automatically save it. Call right away if you think your child might have gotten into a medicine or vitamin.

When accidents happen or if you have questions,
call Poison Help at

(800) 222-1222

Keep this number in all of your phones,
or text "POISON" TO 797979 to automatically save it.

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www.UpandAway.org

Up and Away and Out of Sight is an educational program to remind families of the importance of safe medicine storage. It is part of the PROTECT Initiative, in partnership with the Centers for Disease Control and Prevention (CDC).

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PROTECT
advancing children's medicine safety