



Early Education is the Best Medicine

Medicine Safety Tips Safeguarding Your Children



Each year, more than **70,000 children** under 18 end up in the ER due to unintentional medication overdoses.

Be Aware. Help Keep Your Children Safe.



Keep Medicine and Vitamins Out of Reach

Lock them up, and keep them in a place that is too difficult for your child to reach.

Educate Guests and Relatives About Safe Storage of Medicine

Ask houseguests, relatives and babysitters to keep any medicine they have with them—in purses, bags or coat pockets—out of reach of children.

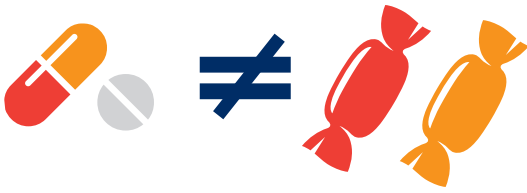
Put Medicine Away

Put medicine and vitamins away every time you use them. Never leave bottles out on the counter or any place within reach of your children.

Close the Cap

Make sure to close the medicine bottle cap completely and to shut it tightly every time you use it.





Medicine is Not Candy

Do not tell children medicine is candy to get them to take it, even if the child does not like to take his or her medicine. If they think it is candy they may try to eat it when you are not around.



Practice Medicine Safety on Trips

When packing for a trip, keep medicine in its original child-resistant container. In hotel rooms, secure all medicine and vitamins in a location that children cannot see or reach.

Teach Children about Safe and Proper Use of Medicine

Explain to children what medicine is and how it can help them feel better. Make sure they understand only to take medicine from a parent or another trusted grownup.



Be Prepared

Program the National Poison Help Hotline number **1-800-222-1222** in your cell phone, or post on the refrigerator or bulletin board in your home, in case of emergency. Call 911 if you suspect someone has taken too much medicine.



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For more tools and information, visit SmartMovesSmartChoices.org

