

What you need
to know about...

Keeping Medicine Out of Children's Reach

It's easy to forget how curious *and* fast children can be when it comes to getting into medicines that are within their reach. Here are a few simple ways to help keep medicines, vitamins, and supplements out of their little hands.

Put medicine up and away after each use

Store medicines, supplements, and vitamins in a high, locked cabinet.

Children can be excellent climbers, so keep medicines out of sight *and* securely out of reach.

Child-resistant caps are an important line of defense. Keep them on all of your medicines if they have them. Remember: Child-resistant caps aren't *childproof* caps. They may make it more difficult for children to open bottles, but they aren't childproof, so don't count on them as your only safety barrier.

Keep medicine in its original container, so you don't mistake it for something else.

Take medicine with you if you're called away for a moment. Leaving it behind while you answer the door or phone can give a child easy access.

Don't take medicine in front of children or call it "candy." They may try it on their own if it seems like something good.

Be careful about purses and grocery bags. Children love to explore these, so keep them out of reach and put just-bought medicines up and away promptly. Alert grandmothers, babysitters, and other visitors to not leave bags unattended.

Get rid of medicine that has expired or isn't used. The label may have disposal instructions. Be careful about placing it in trash cans that children can reach.

What to do if your child takes medicine by mistake

- **Call the Poison Control Center (800-222-1222),** even if you're not sure. Have the bottle in hand. You may also be asked for additional information. These professionals can tell you if the medicine could hurt your child and what to do next.
- **Call 911 right away** if your child can't wake up, has trouble breathing, or is shaking uncontrollably.
- **Don't induce vomiting.** Doctors no longer recommend treatments like syrup of ipecac, which makes children vomit. It can make it impossible for children to "keep down" treatments that *can* help.



Download FREE Kids' Wellness Tracker

Track your child's height, weight, BMI, vaccines, symptoms, and medicines, plus calculate dosing.



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