



Keep your  
child safe.

Put your medicines  
**up** **AND** away  
and out of sight

Learn how.

# Know the facts.

More than **60,000** young children end up in emergency departments every year because they got into medicines while their parent or caregiver was not looking.

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Families take medicines and vitamins to feel well or stay well. Any kind of medicine or vitamin can cause harm if taken in the wrong way or by the wrong person, even medicine you buy without a prescription. 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 house and decide on the safest place to keep your medicines and vitamins.

### ➤ **Put medicines and vitamins away every time**

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.



### ➤ **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 you cannot 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**

Ask 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.



## Be prepared in case of an emergency.



Program the Poison Help number into your phone  
**1.800.222.1222**  
right away if you think your child might have gotten into a medicine or vitamin.

**Program the number into your home and cell phones so you will have it, when you need it.**



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

1.800.222.1222

Put your medicines

up **AND** away  
and out of sight

[www.UpandAway.org](http://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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Control and Prevention (CDC)**



**PROTECT**  
advancing children's medicine safety