

Dear Daycare Center Director,

Each year, more than 60,000 young children age 5 and younger — roughly four busloads of kids each day — end up in emergency departments after getting into medicines that were left within reach. These are called “unsupervised ingestions” — and are preventable if parents and caregivers practice safe medicine storage. The Centers for Disease Control and Prevention together with partners in the PROTECT Initiative recently launched the **Up and Away and Out of Sight** program to remind parents about the importance of safe medicine storage.

With access to so many parents of young children, your daycare center can be a great collaborator and supporter of this educational effort by displaying the **Up and Away** poster printed inside this educator’s guide and by distributing photocopies of the parent letter and safe medicine storage “tip sheet” on the back page of the guide to your parents.

For downloadable resources, please visit www.ymiclassroom.com/up-and-away, where you will find a newsletter article that you can print out or email to your parents, and a coloring page for your children, which reinforces the **Up and Away** safety messages.

In addition, please direct your parents to the **Up and Away** website, www.UpandAway.org, for additional tip sheets and a chance to take the **Up and Away and Out of Sight** pledge to store all medicines safely in the home and while traveling.

Although the materials in this program are copyrighted, you may make as many copies as you need. Please share your thoughts about the program by returning the enclosed reply card or commenting online at www.ymiclassroom.com/up-and-away.

Sincerely,

Dr. Dan Budnitz

Director of the Medication Safety Program,
Centers for Disease Control and Prevention (CDC)

Target Audience

This program is designed for parents and other caregivers of children in daycare centers.

Program Objectives

- Raise awareness of the importance of keeping medicines out of the reach and sight of young children.
- Inform parents that items such as medications, vitamins, and supplements, pose a risk to children if they are not stored safely.
- Make parents and, by extension, caregivers such as grandparents and babysitters aware that even if the medicine is going to be used again within a relatively short period of time, the safety cap should be relocked and the bottle should be returned to a place that is up and away and out of a young child’s reach and sight.
- Disseminate the Poison Help number (**1-800-222-1222**) and emphasize that parents should call Poison Help if they think their child might have gotten into a medicine or vitamin.

Program Components

- This one-page educator’s guide.
- One reproducible parent letter and “tip sheet” to be photocopied and given to parents.
- An **Up and Away** poster for display in your center.
- Several downloadables available as PDFs at www.ymiclassroom.com/up-and-away, including:
 - A coloring page for children to share with parents.
 - An e-newsletter for distribution to parents by email.
 - The **Up and Away** poster in English and Spanish.
 - Tips for Safe Medicine Storage.
 - Medication Safety Tip Sheet.
- A reply card for your comments.



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How to Use This Program

Photocopy this educator’s guide and the parent letter before displaying the poster. Provide parents with photocopies of the letter and “tip sheet” when they drop off or pick up their child. Download and photocopy the coloring page to use with the children at your center or to send home for children to share with their families. Download and distribute the e-newsletter article to parents by email to reinforce the **Up and Away** safety message.

How to Use the Wall Poster

Display the poster prominently in your center and refer to it when parents drop off or pick up their child, as appropriate. Point out the Poison Help phone number as an important resource for parents for advice and emergency assistance when a child has accidentally ingested any type of potentially harmful substance, including medicines, vitamins, or other dietary supplements.

Resources

For more information and materials:
www.UpandAway.org

Program microsite:
www.ymiclassroom.com/up-and-away

Put your medicines
up AND away
and out of sight

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

Dear Parents,

Cold and flu season is upon us, and in many homes, families will be using medicines for the stuffy noses, coughs, and fevers that winter often brings. While it may seem like common knowledge to store medications out of the reach and sight of children, each year more than 60,000 young children — roughly four busloads of kids each day — end up in emergency departments after getting into medicine and vitamins that were left within reach.

Toddlers and young children are curious and can quickly get into medicines or vitamins when parents or caregivers aren't looking. They get into medicines that are placed on bedside tables and beside kitchen sinks, and medicines that are kept in purses and diaper bags. They even come across pills that have fallen on the floor or fallen out into jacket pockets.

And it can happen in the blink of an eye. During the winter when cold and flu season is at its peak, and throughout the year as well, it's important to remember to put all medicines, vitamins, or supplements that you or your child may take up and away and out of sight *every time they are used*.

For more information, please visit the **Up and Away** website at www.UpandAway.org, where you will find tip sheets for storing medicines safely in the home and when you travel (available in Spanish, too), and a chance to take the **Up and Away** family pledge to keep all medications out of the reach of young children.

Sincerely,

Dr. Dan Budnitz

Director of the Medication Safety Program,
Centers for Disease Control and Prevention (CDC)

Pon tus medicamentos

fuera **DEL** **alcance**
y de la vista de los niños

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



A few simple safe storage steps — followed every time — can protect your child:

- 1. Store medicines in a safe location** that is too high for young children to reach or see.
- 2. Never leave medicine or vitamins 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.
- 3. Always relock the safety cap on a medicine bottle.** If it has a locking cap that turns, twist it until you hear the click or you cannot twist anymore.
- 4. Never tell children that medicine is candy so they'll take it,** even if your child does not like to take his or her medicine.
- 5. Tell children what medicine is** and why you must be the one to give it to them.
- 6. Remind babysitters, houseguests, grandparents, and holiday 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.
- 7. Program the Poison Help number (1-800-222-1222) into your home and cell phones** so you will have it when you need it. Call this number anytime your child has accidentally ingested any substance that you think might be harmful, including prescription medicines, over-the-counter remedies, and vitamins or other dietary supplements.



Keep your child safe.

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.

Always put **every** medicine and vitamin up and away **every** time you use it. Also, program the Poison Help number into your phone: 1.800.222.1222.

To learn more, visit UpandAway.org

Put your medicines
up AND away
and out of sight



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

Parents: Call the Poison Help number toll-free at **1-800-222-1222** anytime your child accidentally ingests any substance that could be harmful, including prescription medicines, over-the-counter remedies, and vitamins or other dietary supplements.