

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.