

Tips for Grandparents on Safe Medicine Storage

Put your medicines
up AND away
and out of sight



You love your grandchildren and would do anything for them, but did you know these startling facts?

- Annually, more than **60,000** children – or roughly four school busloads of children per day – age five or younger are treated in emergency departments for accidental ingestion of household medicines.^{1,2}
- Nearly **1 out of every 4** grandparents say they store prescription medicines in easy-access places; and **18 percent** keep over-the-counter medicines in easily accessible spots.³

Don't let your grandchildren become a statistic. Take the following precautions to help keep them safe:

Keep all medicines and vitamins up and away and out of sight in a high cabinet or other place inaccessible to your grandchildren.

Keep purses, bags, or coats that have medicines or vitamins in them out of their reach and sight.

Remember to never leave medicines or vitamins out on a table, countertop, or bedside table where your grandchildren could reach them – always make sure the caps are locked and put them away every time they are used.

Set a daily reminder to take your medicines and vitamins on your refrigerator or a location you check on a daily basis, since they will be safely stored up and away and out of sight.

Program the national Poison Help number, 1-800-222-1222, along with other emergency contact numbers into your home and cell phone, so they are available in case of an emergency.

For more tools and information, visit **UpandAway.org**.

¹ Centers for Disease Control and Prevention (CDC). CDC Features - Put Your Medicines Up and Away and Out of Sight. <http://www.cdc.gov/features/medicationstorage>. Accessed October 10, 2012.

² Safe Kids Worldwide. Safe Storage, Safe Dosing, Safe Kids: A Report to the Nation on Safe Medication. March, 2012.

³ C.S. Mott Children's Hospital National Poll on Children's Health. Easy-access medicines a poisoning risk for kids at home. <http://mottnpch.org/reports-surveys/easy-access-medicines-poisoning-risk-kids-home>. Accessed November 27, 2012.

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