

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 keep medications out of the reach and sight of children, each year more than 35,000 young children end up in emergency departments after getting into medicines and supplements that were left within reach.

Toddlers and young children are curious and can quickly get into medicines or supplements 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, bags, or pill organizers. They even come across pills that have fallen on the floor or fallen out of 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 other supplements that you or your child may take up and away and out of sight and reach *every time they are used*.

For more information, please visit the **Up and Away** website at **UpandAway.org**, where you will find tip sheets and videos about storing medicines safely in the home and when you are on-the-go (available in Spanish, too).

Sincerely,

Dr. Jennifer N. Lind

Medication Safety Program Partnerships &
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A few simple safe storage steps — followed every time — can protect your child:

- 1. Keep all medicines, vitamins, and other supplements — including those in gummy form — in a safe location** that is too high for young children to reach or see.
- 2. Never leave loose pills or liquid medicines out on a counter, table, or bedside**, even if you have to give the medicine again in a few hours.
- 3. At home or away, keep medicines in child-resistant containers.** If it has a locking cap that turns, twist it until you can't twist it anymore or hear the "click."
- 4. Teach your children about medicine safety.** It is important to teach your children what medicine is and why you or another trusted caregiver must be the one to give it to them.
- 5. Inside homes with children, discuss keeping medicine in a safe place. Remind babysitters, houseguests, grandparents, holiday visitors, and other guests** to keep purses, bags, or coats that have medicines in them up and away and out of sight when they are in your home.

Keep the Poison Help number in all of your phones: (800) 222-1222 or text "POISON" to 797979 to automatically save it. Call Poison Help right away if you think your child might have gotten into a medicine, vitamin, or other supplements, even if you are not completely sure.