

Keep your child safe.



More than **35,000** young children end up in emergency departments every year because they got into medicines while their parent or caregiver was not looking.

Put every medicine, vitamin, and supplement — including those in gummy form — up and away every time you use it. And keep the Poison Help number in all of your phones: (800) 222-1222 or text “POISON” to 797979 to automatically save it.

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 **(800) 222-1222** anytime you think your child might have accidentally ingested any substance that could be harmful, including prescription or over-the-counter medicines, and vitamins or other dietary supplements.