

Safe Medicine Storage for: Travel

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



Thousands of young children are brought to the emergency room each year because they got into medicines, vitamins, or supplements that were left within reach. Unfortunately, accidental ingestions don't take a vacation.

It's important for parents to always keep medicines, vitamins, and supplements—especially those in gummy form—up and away and out of sight at home. This is also important when families are away from their homes, staying in hotels, or as guests in other homes. When traveling, remember these four simple tips for safely storing medicines while on-the-go:

When packing for a trip, keep your medicines in their original child-resistant containers. Other containers, such as pill organizers and baggies, often lack child safety features and can be easily opened by young children.

While staying in a hotel, secure your medicines, vitamins, and supplements in a location that your children can't see or reach, like a high cabinet or passcode-protected hotel room safe.

As a guest in another person's home, don't be shy about asking them where to put your medicines and vitamins so they're out of sight and reach of children.

Never leave medicine, vitamins, or supplements out on a table, countertop, or bedside table where your children could reach them. Relock the safety cap and put them away every time you use them, even between doses.

Keep the Poison Help number in all of your phones: (800) 222-1222.
Or text "POISON" TO 797979 to automatically save it.

For more tools and information, visit UpandAway.org.

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