



Medicine Safety Checklist

TIPS FOR PARENTS

TIPS FOR PARENTS OF KIDS AGES 0-5

- Put medicine up and away, out of children's reach and sight every time.** Make sure that all medicine and vitamins are stored out of children's reach and sight. Think about places where kids get into medicine, like in purses, counters and nightstands.
- Remember products you might not think about as medicine.** Products such as diaper rash remedies, vitamins, melatonin, and eye drops need to be stored safely.
- Use only the dosing device that comes with liquid medicine.** Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount of medicine as the dosing device.
- Write clear instructions for caregivers about your child's medicine.** When other caregivers are giving your child medicine, they need to know what medicine to give, how much to give and when to give it.

TIPS FOR PARENTS OF KIDS AGES 6-10

- Model responsible medicine use.** What kids see you do is a stronger message than what you tell them to do. Make sure to keep medicine out of children's reach, and read and follow over-the-counter (OTC) Drug Facts and prescription labels.
- Teach your child that medicine should always be given by an adult.** It's important for kids to know that they should not take medicine on their own. Adults can help make sure kids are taking medicine correctly.
- Don't refer to medicine as candy.** Referring to medicine as candy may encourage children to take medicine on their own.
- Take the time to read the medicine label with your child, even for OTC medicine.** As your kids get older, it's important to teach them how to read and understand the label before taking medicine.

TIPS FOR PARENTS OF KIDS AGES 11 AND OLDER

- **Teach older kids how to read the over-the-counter (OTC) Drug Facts or prescription label.** Take the time to teach them about each section of a label and its purpose.
- **Talk to older kids about the importance of only taking medicine that is meant for them.** Taking medicine that belongs to someone else or misusing medicine, even OTCs, can cause harm.
- **Teach older kids that medicine labels are rules, not guidelines.** Be sure pre-teens and teens know that taking more than the recommended dose will not help them get better any faster, and it could hurt them.
- **Check in with older kids and talk about medicine they are taking regularly.** Even pre-teens and teens who need to take medicine every day may make errors in dosing or dosing frequency, so it is important to talk with them about taking medicine responsibly.

HELPFUL RESOURCES FOR ALL PARENTS

- **Save the toll-free Poison Help number in your phone: 1-800-222-1222.** The Poison Help line is not just for emergencies. You can call with questions about how to take or give medicine, concerns about plants, chemicals, carbon monoxide, bites, stings and more.
- **Learn about OTC Medicine Safety.** Learn how to teach older kids about medicine safety at www.ymiclassroom.com/otcmedsafety.



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