

Keep Kids Safe

Practice safe medicine storage



We take medicine to feel well and stay well. But any medicine, even those you buy without a prescription (such as vitamins and supplements), can cause harm if taken in the wrong way or by the wrong person.

Safe storage includes keeping all medications, vitamins and supplements in their original packages out of sight and out of reach of children at all times. Follow these tips to help keep your family safe.



Put all medicine up, away and out of children's reach and sight.

- Kids are curious and put all sorts of things in their mouths. Turning away for less than a minute is enough time for a child to get into things that could hurt them.
- Find a storage place in your home that children cannot reach or see.
- Use a medication lockbox for safe storage.
- Safely dispose of all unused or expired medicine, vitamins and supplements.

Put medicine away every time.

- This includes medication, vitamins and supplements you take every day. Never leave these items out on a counter or by a bed, even if you must give or take another dose in a few hours.



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Make sure the safety cap is locked.

- Always relock the cap on a medicine bottle. For bottles with a locking cap that turns, twist it until you hear it click or until the cap no longer twists.
- Even though many medicines have safety caps, children may be able to open them. Keep every medicine stored out of children's reach and sight.



Talk to your children about medicine safety.

- Teach children what medicine is and why you or a trusted adult must be the one to give it to them.
- Never tell kids that medicine or a vitamin is candy to get them to take it, even if they don't like to take their medicine.

Educate guests about medicine safety in your home.

- Ask family members, your child's caregiver and other visitors to keep purses, bags, coats and other items containing medicine up, away and out of sight when they are in your home.

Be prepared.

- Call the Kentucky Poison Control Center of Norton Children's Hospital immediately if you think your child has taken medicine or vitamins, even if you are not completely sure. Store the number — **(800) 222-1222** — in your home and cellphone so it's there when you need it.

Find more safety resources

Norton Children's Prevention & Wellness works to support children and their families to be healthy and injury-free.

To learn more about our services and community classes, visit **NortonChildrens.com/**

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or scan the QR code.



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Funded by Norton Children's Hospital Foundation