

UP AND AWAY:

MEDICATION

SAFETY TIPS



**Children's Hospital
of Philadelphia®**

Injury Prevention Program

Medicines are the leading cause of childhood poisoning. Every 8 minutes, a young child goes to an emergency room for medicine poisoning.

Keep medications up and away. Put all medicines (including over-the-counter medications like aspirin) and vitamins where kids can't reach or see them.

Keep medications in their original containers. Remember, containers may be child-resistant, but they are not child-proof.

Check the label. Understand the medicines you or your child take and how to take them safely.

Give medication safely to children. Medicines should only be taken with help from a parent or caregiver. For other family members and caregivers, write clear instructions and a schedule for your child's medicines.

Use proper dosing techniques and devices. For liquid medications, it's important to use a syringe, medicine cup, or measuring spoon instead of a kitchen spoon.

Call the Poison Help Hotline: 800-222-1222. Expert nurses and pharmacists at poison control centers provide free, confidential advice 24/7. They can answer questions about how to give or take medicine and help with poison concerns or emergencies.

For more information and upcoming family events, visit chop.edu/safekids or chop.edu/poison-control.

