



Home Sweet Home!

Many injuries occur at home when you least expect them.

Each year in the United States, more than 2,400 children ages 12 and under - or six kids a day - die from an injury that happens in the home. And more than 2.8 million children - or about 7,800 kids a day - go to the emergency room annually for the kinds of injuries that commonly happen in homes. (Source: *Centers for Disease Control and Prevention, National Center for Injury Prevention and Control WISQARS*)

Children learn by exploring their environment, so parents naturally want to encourage children's curiosity. That's why it's essential for families to make their home a safe place for babies and toddlers to explore and discover their world. While it's impossible to remove all risks from a home and completely childproof, there's lots parents can do to make their home safer.

This edition of Prevention Works highlights Medication Safety. Please review the tips and articles provided. After you review, we hope you can make some changes in your home to make your home safer.

Let us know how we did. Please take the time to take the short quiz. Click on the QR Code and answer the few questions we have provided. Your participation ensures our sponsors know we are using their funding accordingly.

Coalition Name: Safe Kids Northern New Jersey Coalition Number: 29399



MEDICINE SAFETY

**SAFE
KIDS**
WORLDWIDE

Support Provided By

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Store Medicine Safely

- Put all medicine up and away, out of children's reach and sight.
- Put medicine away after every use, even if you need to give another dose in a few hours.
- Keep visitors' purses, bags and coats out of the reach of kids, as they may contain medicine.

Give Medicine Safely

- Use only the dosing device that comes with liquid medicine, not a kitchen spoon.
- Read and follow the label. Do not give your child more than one medicine at a time with the same type of active ingredient.
- When other caregivers are giving your child medicine, write clear instructions about what medicine to give, how much to give and when to give it.

Helpful Resources

- Save the Poison Help number in your phone: 1-800-222-1222
- Learn how to teach older kids about medicine safety at www.scholastic.com/OTCMedSafety.

For more information visit www.SafeKids.org

Prevention Works is the official biannual newsletter of Northern NJ SAFE KIDS/Safe Communities.
 We welcome articles of interest highlighting your community or organization. Let us know how you have made your community a safe community. If you have any comments or topics you would like to see covered, please feel free to contact Karen Jean Feury, RN
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**SAFE
KIDS**
NORTHERN
NEW JERSEY

Atlantic Health System
 Morristown Medical Center

Medicine Safety While Traveling

"Beyond the Hotel Room"



When summer arrives, many families travel with young children for vacation. Regardless of whether you are staying at a hotel, holiday home or rental, visiting family, or camping with friends, when you are not at home it can be harder to follow usual safe storage practices. Here are a few tips to help keep your medicines safe and out of the hands of curious young children.

When packing...

- Pack medicines last to ensure they are not left out and within reach of young children while packing. Pack those you take daily securely in your carry-on luggage and secure those you don't need daily in your checked suitcase.
- Keep medicine in child-resistant containers.
- If packing an oral liquid medicine, bring the dosing device that came with it (e.g., dosing cup or syringe).



When traveling...

- If you are driving, keep medicine in a child-resistant container and safely secured in your bag, purse, or suitcase. Keep your suitcase in the trunk of your vehicle or in another location out of children's sight and reach.
- If you are flying, keep your medicine in a secure bag in the overhead compartment.



When you get there...

- Find a safe place, up and away and out of sight and reach of young children to keep your medicine.
 - If there is a kitchen where you are staying, consider using an upper cabinet.
 - If your hotel room has a safe, you can keep medicines in the safe.
 - If there is not a safe, use the top shelf in the room closet.
- If camping, it is best to keep medicine secured safely out of the sight and reach of young children in the trunk of your vehicle or another location out of reach and sight of young children.
- If visiting family or friends, ask them ahead of time to ensure their medicines are stored out of reach and sight.



Remember...

- Keep all over-the-counter and prescription medicines up and away, out of reach and sight of young children.
- Vitamins and supplements – including those in gummy form – should also be kept up and away, out of the reach and sight of young children.
- There are many products like diaper rash creams and even eye drops that can be harmful if kids get into them. Keep these products out of reach and sight of children, just as you would other over-the-counter and prescription medicines.
- Program the Poison Help number 1-800-222-1222 into your cell phone so you have it when you need it.



For more information on medicine safety please visit: <https://www.safekids.org/medicinesafety> and <https://upandaway.org>



Things to Know about Kids and Medicine



Medicine Safety Tips to Remember

- Keep all medicine out of children's reach and sight, even medicine you take every day.** Kids are naturally curious and can easily get into things, like medicine and vitamins, if they are kept in places within their reach.
- Remember child-resistant packaging is not child-proof.** While a child-resistant medicine container can slow down a child trying to open it, it is not child-proof. So put medicine away after every use, even if you need to give another dose in a few hours.
- Keep medicine safety on your child-proofing checklist.** As your child learns new skills and becomes more mobile, anticipate that you may need to continue to assess and change where you keep medicine.
- Save the Poison Help number in your phone: 1-800-222-1222.** Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day. They help with poison emergencies and can also answer questions about medicine.
- Share medicine safety information with family and friends.** When kids are with other caregivers or visiting another home, it is important that adults know how to keep kids safe around medicine.



How to Safely Dispose of Expired or Unwanted Medicine

Disposal Kiosk Sites

Many pharmacies and law enforcement agencies have disposal kiosks where you can get rid of unwanted, unused, or expired over-the-counter (OTC) and prescription medicines. To find a kiosk site near you, check out this locator on [MyOldMeds.com](https://www.MyOldMeds.com).



In-Home Disposal

If there is not a kiosk located near you, follow these simple steps to dispose of OTC and most prescription medicines in your household trash:

MIX



Remove the medicines from their original containers* and mix them with something undesirable, such as used coffee grounds, dirt, or cat litter.

SEAL



Put the mixture in something you can close, like a sealed plastic bag.

THROW



Throw the container in the trash.

* Be sure to scratch out all your personal information on the empty medicine packaging or bottle to protect your identity and privacy before throwing it away.

Should My Medicine Be Flushed?

The U.S. Food & Drug Administration (FDA) has a flush list for specific medicines that should be flushed down the toilet if a disposal kiosk is not available. View the list on [FDA's website](https://www.fda.gov).



njpies.org

WATCH OUT FOR LOOK-ALIKE PRODUCTS

Candy or CBD?



KEEP ALL POTENTIAL POISONS UP & OUT OF REACH!

QUESTIONS? CALL 1-800-222-1222