



# 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 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.

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