

# Rx DRUG SAFE STORAGE TIPS

Prescription drugs, vitamins and over-the-counter medicine when used as directed, help families feel well and stay well. But, when medications fall into the wrong hands, there can be dangerous and even deadly consequences.

The following tips can help you practice safe medicine storage at home and when traveling:

- Store medicines in a safe, secure location. It's a good idea to purchase a medication lock box to store your medicines.
- Never leave medicine or vitamins out on a kitchen counter, nightstand or at a sick child's bedside.
- Always relock the safety cap on medicine bottles. Test the cap to make sure it is locked in place.
- Talk to children about the importance of only taking medicine given by parents, and only medicine that has their name on the bottle.
- Remind babysitters, houseguests and visitors to keep purses, bags and coats with medicine in the pockets out of reach of teens and young children.

## TIPS FOR GRANDPARENTS

- Keep medicines out of reach of young children, and inaccessible to older children. Store in a medication lock box for maximum security.
- Take an inventory of the medicines in your home and keep track of medicines carried with you in your purse or luggage.
- Don't talk about medicines you are taking in front of grandchildren – including teens.
- Take extra care when your grandchildren are visiting.

## TRAVELING WITH MEDICINE

Whenever we travel and change our normal routine, it's important to make sure we are extra careful with our medications. Here are some tips to help secure medications during travel:

- When packing for a trip, keep medicines in their original child-resistant containers. Other containers such as pill organizers and plastic bags lack child-safety features.
- When staying in a hotel, secure your medicines and vitamins in a location that your children, housekeeping and others who come into your room cannot see or reach, such as a high cabinet or passcode-protected hotel room safe.
- When you are a guest in another person's home, ask them where you should safely store your medicines.
- Remember to never leave medicine or vitamins out on a table, countertop, or bedside table.

