

## Myths

1. Children cannot open containers that have child resistant caps.
2. Expired medicines lose their strength and are not harmful.
3. It's safe to "watch for" symptoms at home and then call for help if symptoms occur.
4. Making a child vomit will prevent any absorption of the medicine and prevent harmful effects.

## Facts

1. The Rocky Mountain Poison Center gets many calls about children getting into containers that have child resistant caps; they are **not childproof!**
2. It's impossible to predict the strength of expired medicine; **they are harmful.**
3. It's very important to call the Rocky Mountain Poison Center right away. **Waiting can delay life saving treatment.**
4. We no longer recommend making the child vomit; **this can do more harm than good.**

## Prevention Tips

- Keep all medicines in their original containers.
- Never refer to medicine as candy.
- Never take medicine in front of children. They love to imitate us.
- Do not keep medicine in purses, backpacks or diaper bags.
- Lock up medicines in a "med-safe". A tackle box with a lock can be used instead.
- Purchase the smallest available amount and keep track of the number of pills or amount of liquid used. Mark the level on the bottle of liquid after each use.

## More Tips

- If interrupted while taking or giving medicine, for example, a phone call or ringing doorbell, take the medicine or child with you to prevent an accident.
- Always put the light on when giving or taking medicine. Check the label and dosage every time.
- Clean out the medicine cabinet often. Dispose of medications that are expired or no longer being used. Never discard medicine in the trashcan where children or pets can find them. Some medicines should not be flushed down the toilet. Check with your local municipal trash disposal service for proper disposal information.
- Offer houseguests a child safe area for their medicine.
- When traveling with children, check your surroundings carefully to remove harmful medicines and vitamins.

## Questions the Poison Center Specialist Will Ask:

- ◆ HOW is the child now?
- ◆ WHEN did this happen?
- ◆ HOW MUCH was taken? The Poison Center Specialist will help you with this.
- ◆ WHAT is the exact name and/or what are the active ingredients? Bring the container to the phone.
- ◆ Age, weight, general health, allergies, present medications?
- ◆ Any other substances taken?
- ◆ Your name, child's name, address and phone number.
- ◆ **Your information is confidential.**

## Be Prepared:

- ◆ Have a **measuring** teaspoon available in case we need to have you measure the medicine that is left.
- ◆ A magnifying glass or reading glasses will help you read any fine print on the label.

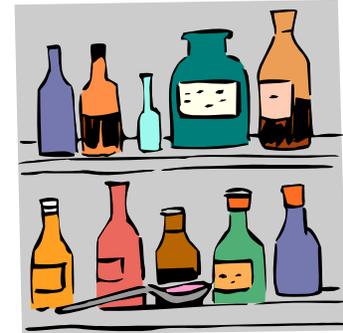
The Rocky Mountain Poison & Drug Center is open 24hrs daily, 365 days a year. Poison Specialists are always here to help you.



Deaf Access/TTY  
303-739-1127



## "Be Smart, Keep Kids and Poisons Apart!"



### Medication Safety

One of the most frequent calls to the poison center is about kids getting into medicine. Pain relievers and cough and cold medicines are always on our "Top Ten" list.

This guide is intended to help prevent unintentional drug exposures in your home. If an incident occurs, call the **Rocky Mountain Poison Center** right away.

**1-800-222-1222**

Rocky Mountain Poison and  
Drug Center

[www.rmpdc.org](http://www.rmpdc.org)