Safe Kids at Home: Medicine Safety

Simple Steps to Keep Kids Safe Around Medicine
Look what I can do!
Why is Medication Safety important? Nationwide...

Every 9 minutes a child goes to an Emergency Room for medication poisoning

Kids are getting into medicine nearly 500,000 times per year

Every 12 days, a young child dies from medication poisoning
What is Important? Nationwide...

- Toddlers and Teens are Most At-Risk

- The increase of medicines in the home since 1980 is staggering

- Today there are 3 times as many prescriptions filled in the U.S. and 5 times as many dollars spent on over-the-counter medicines.
More than 800 children were seen in emergency departments for accidental poisoning in the last 5 years.

Approximately 64% of accidental poisoning ED visits were due to medication.

It’s preventable!
What can we do?

• Store medicines safely

• Give medicines safely

• Get rid of expired or unused medicines safely

• Talk to family and friends about medication safety
What is medicine?

- Adult medicines and vitamins
- Children’s medicines and vitamins
- Eye drops
- Diaper rash remedies
Store medicines safely

- Keep medicines and vitamins up and away and out of sight, where children can’t see or reach them
- Put medicines up and away after *every* use
In ER visits for medicine poisonings, parents often say that they only turned their back for a minute.
Curious Climbers

Research indicates in about half of over-the-counter poisoning cases, the child climbed on a chair, toy or other object to reach medicine.
Where is your medicine?

- In your purse or backpack?
- On a table or nightstand?
- On kitchen or bathroom counters?
- In low cabinets or drawers?
Set reminders

Give Suzy antibiotic at 6:30 pm
Store medicines safely

- Store medicine in original container

- Buy medicine in child-resistant packaging when available and close it tightly after each use
Research suggests that about half of accidental medicine poisonings in young children involve child-resistant packaging.
Give medicines safely

• Read and follow the label
  • Know the active ingredients in your child’s medicine
  • Don’t give your child more than one medicine with the same active ingredient
  • Read the warnings, know the side effects, and understand when to stop taking the medicine and call a doctor
Give medicines safely

- **Check the dosing**
  - Make sure you give the right dose at the right time
  - When measuring liquid medicine, use the dosing device that comes with the medicine you are giving
  - Teaspoon (tsp.) vs Tablespoon (tbsp.)
Avoid double dosing

- Write down your child’s medicine schedule
  - Child’s name
  - Date and time medicine should be given
  - Amount of medicine that should be given
  - If the scheduled dose was given

<table>
<thead>
<tr>
<th>Child's Name</th>
<th>Date</th>
<th>Time</th>
<th>Medicine</th>
<th>Amount</th>
<th>Medicine Given?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jack</td>
<td>Mon. 3/15</td>
<td>7:00 AM</td>
<td>TYLENOL</td>
<td>2.5 mL</td>
<td>✔</td>
</tr>
</tbody>
</table>
Getting help

If you have questions about your child’s medicine, call the:

Child’s Doctor

Pharmacist

Poison Control Center
1-800-222-1222
Poison control centers

Know the number – put it in your home and cell phones
• 1-800-222-1222

When can you call the poison center?
• 24 hours a day, 7 days a week
• It’s free and confidential

Who answers the poison center number?
• Nurses, pharmacists, doctors and other poison experts
Poison control centers

When should you call the poison center?
- If you have questions about giving medicine
- If your child was given the wrong amount of medicine
- If your child has taken medicine that he or she was not supposed to take

When should you call 911?
- If your child stops breathing
- If your child collapses
- If your child has a seizure
Medication Disposal
Take-back program

National Prescription Drug Take Back Day (2 x per year)

- Local Police Departments and County Sheriffs’ Offices

- Last Saturday in April and October

- Safe, convenient, and responsible way to dispose of unused or expired prescription drugs.

- Take-Back Day in April 2019 brought in more than 900,000 pounds of unused or expired prescription medication.

https://takebackday.dea.gov/
Drop-off sites

**ESCALON**
Escalon Police Dept.
2040 McHenry Ave.
Escalon, CA 95320
(209) 838-7093

Vineyard Pharmacy and Gifts
1900 McHenry Ave #202
Escalon, CA 95320
(209) 838-0511

**LATHROP**
Know a location that takes this material?
Call us at 468-3066

**LINDEN**
Know a location that takes this material?
Call us at 468-3066

**LOCKEFORD**
Lockeford Drug
14090 E. Highway 88
Lockeford, CA 95237
(209) 727-5527

**LODI**
Community Medical Centers,
2401 W. Turner Road, Suite 450
Lodi, CA 95242
(209) 370-1700

Fairmont Pharmacy
1121 W Vine St, Suite 13
Lodi, CA 95240
(209) 625-8633

Lodi Police Dept.
215 Elm St.
Lodi, CA 95240
(209) 333-6727

Walgreens # 296175
N. Ham Ln.
Lodi, CA 95240
(209) 369-8575

**MANTECA**
Community Medical Center
200 Cottage Ave Ste. 103
Manteca, CA 95336
(209) 624-5800

Manteca Police Dept.
1001 W. Center St.
Manteca, CA 95337
(209) 239-8401

**RIPON**
Ripon Police Department
259 N. Wilma Ave.
Ripon, CA 95366
(209) 599-2101
Drop-off sites

STOCKTON

Angkor Pharmacy
4555 N. Pershing Ave., Ste #7
Stockton, CA 95207
(209) 473-4706

Community Medical Centers, Channel
701 E. Channel Street
Stockton, CA 95202
(209) 944-4700

Community Medical Centers, Waterloo
1031 Waterloo Road
Stockton, CA 95205
(209) 940-5600

El Dorado Drug Store
2005 East Mariposa Rd.
Stockton, CA 95205
(209) 464-7722

Kaiser Permanente Pharmacy
373 West Ln, 1st Floor
Stockton, CA 95210

Stockton Police Department
22 E Market Street
Stockton, CA 95202
(209) 937-8377

San Joaquin County Household Hazardous Waste Facility 7
850 R.A. Bridgeford Street
Stockton, CA 95206
(209) 468-3066

TRACY

Abala Pharmacy
550 – B
West Eaton Ave.
Tracy, CA 95376
(209) 832-7080

Grant Line Pharmacy
2160 W. Grant Line Rd., #205
Tracy, CA 95377
(209) 832-2999
Share the information

Whose Medicine Are Kids Getting Into?

- Grandparents – 48%
- Parents – 38%
Share the information

• Talk to caregivers, babysitters, and grandparents about storing and giving your child medicines safely

• Ask guests and family members, especially grandparents, to keep their medicine up and away when they are visiting

• Give a copy of your child’s medicine schedule to caregivers who will be giving your child medicine

• Know the Poison Control Center phone number: 1-800-222-1222
Medication Safety for Teens

• By age 16, approximately 90% of adolescents report self-administering over-the-counter (OTC) medication.

• There are about 10,000 emergency department visits a year for medicine overdose by adolescents self-administering OTC.

• Commonly abused OTC:
  • Cough Medicine
  • Cold Medicines
  • Pain Relievers
  • Diet Pills
Medication Safety Tips

• Teach your child how to drug facts or prescription label and the importance of following read the over-the-counter the directions.

• Communicate to teens the importance of only taking medicine that is meant for them.
Medication Safety Tips (cont.)

- Check in with your teens and talk about medicine and herbal supplements they are taking regularly
- Speak with older kids about the dangers of abusing prescription medicines
- Dispose of old medicines and other potential poisons
Thank you!