

Medication Safety



Toddlers and young children

- Medications of all types (prescription, over the counter, vitamins, CBD products, etc.) pose a considerable risk to toddlers and young children. All medications should be stored safely out of reach of children.
- The safest way is to store them in a locked cabinet and/or lock box. Child resistant caps only slow children down and will not prevent a child from getting into medication. Caps must be secured after each use and safely storing medicine locked up provides a necessary layer of protection.
- 50% of all Emergency Room visits for medicine poisoning are due to a child having access to a visitor's medication. Relatives and other house guests may have medications in their purse, bag or suitcase. Provide a safe place for guests to store their medicine while visiting your home. This is also important to remember when you are visiting someone else's home.
- Safe dosing requires use of the appropriate dosing device and careful reading of the medicine label before each use. Use the dosing device (syringe, spoon or cup) that came with the medicine or contact your pharmacy about a replacement. Kitchen spoons and tablespoons are not safe alternatives.
- Visit OregonPoison.org for more tips on safe storage, safe dosing and safe disposal of medications.
- Program the Nationwide Poison Control Center number into your phone: 1-800-222-1222 or text "poison" to 797979 to add their contact information directly to your mobile device.

Teens

- Securing your medications in a lock box and keeping the lockbox in a locked cabinet is the best way to reduce access to these items. Make sure the teen cannot open the lockbox by keeping the combination secret and keys hidden.
- Teach older children and teens to read the medicine label every time before taking medicine and supervise them when they are taking medications to prevent dosing mistakes.

Contact the Doernbecher Safety Center at 503-418-5666 for child-proofing resources including low-cost medication lock boxes and travel bags.



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