

In an emergency

If you think your child has swallowed medicine or anything else that might be dangerous in any way:

- Take them to the nearest hospital accident and emergency department **STRAIGHT AWAY**

OR

- Ring 999 and get an ambulance
- Take the container or what is left of what they have swallowed with you or give it to the ambulance team
- Try to keep calm – this will help to keep your child calm
- DO NOT try to make them sick as this could make them worse
- DO NOT give them anything to drink
- If they are unconscious, get them into this position on the floor and ring 999 for an ambulance

Recovery position



Storing medicines

How safely do you keep medicines? Here is a quick check-list to help you find out.

The answer to these should be NO:

Are any medicines ever left out on worktops?

YES NO

Are medicines kept in the same cupboard as food?

The answer to these should be YES:

Do you always keep them out of your child's reach?

YES NO

Are they in a cupboard that your child can't get into?

Do you regularly check use-by dates?

Do you know what medicines you've got in your home?

Some medicines have to be kept cool. If you have got any medicines in your fridge, have you:

Checked to make sure that they have to be in there?

Got a safety lock on the fridge door?

Made sure that the medicine is in a child-proof container?

Children and Medicines

A guide for parents and carers



All children need to take medicines from time to time. Some will have to take them all their lives. As parents and carers we want children to be safe and understanding users of medicines.

Talking to children about medicines will:

- take away any fears they might have
- help to keep them safe
- build their understanding of themselves and drugs
- strengthen safe attitudes to drug use
- help them see how they help us.

Although medicines can keep us alive and make us better, they can also harm!

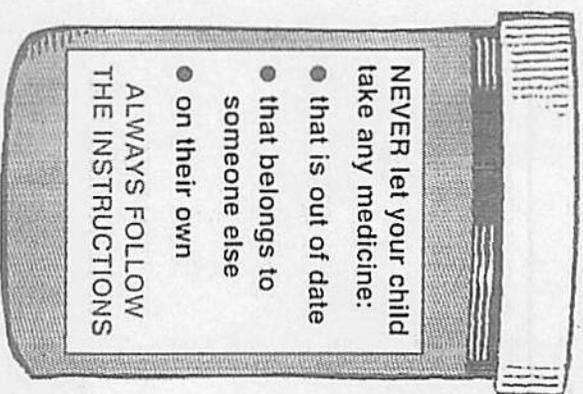
Don't scare your child about medicine dangers. Use every chance you get to show your child why:

- medicines must be kept in a safe place
- we must only take the prescribed dose
- they must only take medicine given by a parent or carer
- they should always check with a responsible adult before they eat any 'sweets' given to them by friends.

REMEMBER - some pills can look just like sweets to a child.

THINK - How do your children see you using medicines? Do they always see you doing the safe things you tell them to do?

Taking medicines



If anyone else is giving them the medicine, make sure they know how much and how often.

Inhalers

If your child uses an inhaler:

- make sure that you **ALL** get into a routine of checking that they have it with them **AT ALL TIMES**
- help them to know how and when to use it
- keep a regular watch that it is not out of date
- be sure that anyone looking after your child knows about him / her using an inhaler.

Medicines at school

Try to avoid sending your child to school with medicine if you can:

NEVER

- send any over-the-counter medicines
- most schools will not allow children to have them anyway

CHECK

- whether medicines could be taken before and after school instead of during the school day.

Make sure that the school knows if your child is taking any prescription medicine.

There is usually a permission form that parents need to sign if their children have to take medicine in school.

If the school allows children to take their own medicine under supervision - **YOU** must make sure that he/she knows what to do.

UNUSED MEDICINE

- DO NOT keep any unused or old medicines
- DO NOT put them in the dustbin
- DO NOT flush them down the toilet or sink

Take them to your local pharmacist.