nh healthy families™

Keeping Children Safe in the Home

Medicine Safety

Make sure to give prescribed medicine as told by your child's doctor. If you don't, it can hurt your child's health.

Medicine Do's and Don'ts

- Do know how and when to give your child's medicine.
- Do take your child to the doctor for follow-up visits.
- Do ask questions about your child's medicine.
- Don't think if a little works, giving more will work better.
- Don't stop taking medicine unless you check with your child's doctor first.
- Don't stretch a supply of medicine because it costs too much. Take as prescribed.
- Don't share your child's medicine with others.

Storing Medicine

- Keep all medicine in a dry place. Keep it between 60-72 degrees.
- Put a lock or child-safety latch on all drawers and doors with medications.
- Keep medicine in a locked box.

Before You Leave the Drugstore

- Open the package. Look at the medicine before you leave.
- If the medicine looks different, you may have been given the wrong type or a non-brand version. Ask the pharmacist to check your medicine.
- Make sure medicine is in a "child-proof" bottle.

Traveling with Your Child's Medicine

Carry a list of all the medicine your child takes. This includes prescribed drugs, over-the-counter drugs, vitamins, etc. Keep a list with:

- Names and numbers of your child's doctors and drugstore.
- Your child's drug allergies and health conditions.
- The brand and non-brand names of your child's medicine.
- The dosage and its form (tablet, capsule, etc.).
- How often your child takes any medicine and what time.
- Why your child takes the medicine and how it works.
- All side effects.
- How often your child needs to see their doctor and why.

Why it is vital my child takes their medicine?

People will often stop taking medicine when they feel better or if it causes side effects they don't like.

- It is vital to work with your child's doctor. Talk to them before stopping any medicines.
- If your child stops taking their medicine too quickly, they may get withdrawal symptoms.
- If you and your child's doctor plan to stop the medicine, your doctor will tell you how to slowly stop taking it.

Make sure to get all of your child's medications filled at one location. Using one pharmacy for all your child's needs will help you get to know your pharmacy staff.

Reasons to Use a Single Pharmacy

- Knowing the store's hours.
- Feel comfortable asking about any issues or over-the-counter products.
- Talk directly to your pharmacist.

What should you do if you are about to run out of your child's medicine?

Give your child's medicine as prescribed by the doctor. This should help your child feel better over time. If medicine is not taken it can cause problems. Sometimes parents forget to give medicine or their child runs out of medicine. Don't feel bad if this happens, but make sure to call or go to your pharmacy and tell your pharmacist what happened.

Helpful Tips

- Plan ahead. Make a list of medicine your child needs refilled before seeing the doctor.
- Use a calendar to remind yourself when to get refills.

Gun Safety

Gun Do's and Don'ts

- Do unload all guns before taking them inside your home.
- Do use a gun trigger lock, cable lock or chamber lock on all guns. On average, 3 children died every day in non-homicide firearm incidents from 2000- 2005.*
- Do teach your children not to handle guns without an adult present.
- Do ask the parents of your child's friends if they have guns in their homes. If so, ask how they are stored.
- Don't let your child play with real-looking toy guns.
- Don't show guns to others without first making sure the guns are not loaded with bullets.
- Don't glorify guns. Explain that violence on TV is not real. Make sure they know that guns are not safe.

*(Centers for Disease Control and Prevention, 2005)

*The rate of firearm deaths among children under age 15 is almost 12 times higher in the U.S. than in 25 other countries combined.

Storing Guns

- Keep guns locked away at all times.
- Keep bullets in locked area away from guns.
- Keep children away from keys used to lock guns and bullets.

Medicine and Gun Safety Resources

National Safety Council
www.nsc.org
1- 800-621-7615

Centers for Disease Control and Prevention
www.cdc.gov
1-800-CDC-INFO (1-800-232-4636)

For a copy of this letter in another language, call Member Services at 1-866-769-3085 (TTY 1-855-742-0123). Para una copia de correspondencia en Española llame a servicio al miembro a 1-866-769-3085 (TTY 1-855-742-0123).

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