

Medication Safety in the Home: Protect Your Children & Prevent Accidental Ingestions

6 Tips to Safely Store Medicine

In ER visits for medicine poisonings, parents often say that they only turned their back for **ONE MINUTE**.

Up and Away

Keep prescriptions and over-the-counter medications up and away, in a locked container or medication safe.

Out of Reach of Curious Climbers

In about half of over-the-counter poisoning cases, the child climbed on a chair, toy, or other object to reach medicine.

LESS THAN 1 IN 4

caregivers use safe storage practices for medication at home.¹

Know What's in the House

Ask family and guests if they have medication in their purse or luggage so you can put it away safely while at your home.

NEARLY 1 IN 3 of all child fatalities and near fatalities in Kentucky were related to the ingestion of substances.²

800-222-1222

Program the Poison Control Center Number in your phone and keep it posted on your refrigerator.



Child-Resistant ≠ Childproof

Research suggests about half of accidental poisonings involved child-resistant packaging.

EVERY 9 MINUTES, a young child goes to the ER because they got into medicine.

Keep Track

of the number of pills/strips you have in your medication bottle so you can know how many a child may have ingested.

Scan the QR code for more resources and supplies!



Founded By



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¹ Salzman, M, Cruz, L., Nairn, S., Bechmann, S., Karmakar, R. & Baumann, B.M. (2019). The prevalence of modifiable parental behaviors associated with inadvertent pediatric medication ingestions. *Western Journal of Emergency Medicine*, 20(2), 269-277.

² Kentucky Child Fatality and Near Fatality External Review Panel 2024 Annual Report

Overdose Prevention and How to Use Naloxone

Narcan, (Naloxone), is a life saving medication that is used when someone is known or suspected to have overdosed on opioids. This can include prescribed opioid medications (oxycodone, hydrocodone, codeine, fentanyl, morphine, etc.) or illicit substances (heroin, fentanyl).

One of the largest risk factors for overdose is having a prescription for an opioid in the house, whether that be the child's or the caregiver's prescription. CDC guidelines now recommend that ANY household containing opioid prescriptions also have Narcan available for use in case of emergencies.

When taken as directed, opioids can do a good job of making pain manageable. But they are very powerful medicines. Not taking them as directed can quickly lead to bad side effects and even overdose, which could lead to death.

IMPORTANT:

Always call 911 if you give NARCAN at home. Many times, even when a response is noted, one dose is not enough to fully treat an overdose. **Even if someone did not have an opioid overdose and it was something else, Narcan cannot hurt them.**

NEVER test NARCAN before giving it. **ALWAYS** give the full dose at one time. This dose is safe for infants, adolescents, and adults.

Safe medication storage of prescribed or illicit substances can prevent accidental ingestion by others. A lock bag is a critical tool for homes to keep medications and other substances out of the hands of children.

What is an opioid overdose?

Opioids can cause bad reactions that make your breathing slow or even stop. This can happen if you:

- Take too much opioid medicine
- Take an opioid plus alcohol
- Take an opioid plus another medicine that makes you sleepy, such as benzodiazepines (Xanax, Ativan, Klonopin, Valium)
- Take an opioid and you have a breathing problem, such as COPD, asthma, or sleep apnea

What to do in case of suspected overdose

Step 1: Call 911 immediately if you suspect an overdose and a person exhibits any of the following symptoms:

- No response if you shake them or say their name
- Breathing slows or stops
- Eye pupils are very small
- Lips and fingernails turn blue or gray
- Skin gets pale or clammy
- Vomiting, gurgling, or snoring
- If a person is not breathing, initiate CPR immediately

Step 2: After calling 911, give naloxone.

- Follow instructions for your naloxone product
- If no reaction in 3 minutes, give second naloxone dose (if available)

Step 3: Do rescue breathing and chest compressions.

- Follow instructions from the 911 dispatcher
- Stay with the person until help arrives

How to give naloxone:

Nasal spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

