

Safe Use

- Do not take your medicine in front of your children as they often imitate others. Medicine can look like candy.
- Never share medicine with others, or use someone else's medicine.
- Take medicine as directed. Read instructions carefully.
- Check the expiry dates. Ask your pharmacist if you are not sure when the medicine expires.

Safe Storage

- Lock up all medicine, including those for pets.
- Safety lids on medicine bottles are NOT childproof. Do not depend on safety lids to keep children protected.
- Keep medicine in its original container.
- Medicine should not be kept in your purse or diaper bag.
- Do not keep your medicine in the bathroom. Heat and moisture could spoil it.
- Refrigerate medicine only if it says to do so on the label.

Safe Disposal

- Every year, clean out old prescription medicine or unused medicine such as cough, cold, pain, first aid or herbal products.
- Do not throw old and unused medicine into the garbage, and do not flush it down the toilet. Medicine is hazardous waste.
- Return old and unused medicine to your pharmacist for safe and proper disposal.



Little Scientists Take Big Risks

Keep Medicine Locked Up & Out of Reach



Safe Adventures Start at Home

Medicines are a major source of unintentional poisoning. More than 90% occur in the home.



Safe Adventures Start at Home

Poisoning Prevention

The products most often reported to poison control centres include:

- ASA (e.g. Aspirin™) & acetaminophen (e.g. Tylenol™)
- cold remedies
- vitamins and supplements
- prescription drugs
- rubbing alcohol
- nail polish remover
- iron pills
- herbal products

For additional information, contact your local Health Unit, Pharmacist, Family Physician, or the Ontario Regional Poison Information Centre:

1-800-268-9017

In a poisoning emergency, call **9-1-1** immediately.



- Know the dangers
- Remove the risks
- Be there every step of the way



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