

## **Tips on Safe Storage of Your Medicines**

Where do you keep your medicines? Are they in the kitchen, in the bedroom, bathroom or else where? As a parent, grandparent or family member, it is important that you keep your medicines in a safe place.

**Always store medicines out of reach and sight of children** – on a high shelf or in a high cupboard. Bedside tables, handbags, low shelf of the fridge are classic ways for children to access your medicine

**Keep medicines in their original containers** - so that it is easier to know what is in them and warning labels are seen

**Children will mimic your behaviour** – do not take medicines in front of them

**Do not play games where medicines are used as sweets** - for example if you are trying to persuade a reluctant child to take his/her medication

**Consider elderly visitors** – they may have a supply of medicines and may not be as sensitive as you are when it comes to storage.

**Consider other houses your children may visit** - whilst you may take care to safe proof your house others may not. For example: friends, grandparents or neighbours.

**Read the information leaflet that comes with the medication on how to store it** -it may need to be kept in the fridge(high Shelf) or kept in a cool place below 25° for example

**Check the expiry date** – medication may no longer work the way it is suppose to. Ear and eye drops may no longer be effective and may even be a breeding ground for bacteria. Never use medication that has changed colour, consistency or odour regardless of the expiry date.

**Dispose of any unwanted medication safely** – return any unused or out of date medication to the surgery for safe destruction.

## **What to do if your child has taken anything**

- Comfort your child and reassure them
- Identify the medication and keep the container
- Seek advice, call the surgery 01672 870388 or NHS direct on 0845 46 47
- If they are sleepy and can not be roused or you are at all concerned call for an ambulance or go directly to A&E taking the medication container or packaging with you