

Medicine Safety While Traveling

Holiday Edition

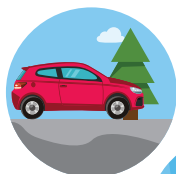


During the holiday season, many families travel to spend time with loved ones or enjoy a winter getaway. Regardless of whether you are staying with family or at a hotel, when you are not at home it can be harder to follow usual safe storage practices. Here are a few tips to help keep your medicines safe and out of the hands of curious young children.



When packing...

- Pack medicines last to ensure they are not left out and within reach of young children while packing. Pack those you take daily securely in your carry-on luggage and secure those you don't need daily in your checked suitcase.
- Keep medicine in child-resistant containers.
- If packing an oral liquid medicine, bring the dosing device that came with it (e.g., dosing cup or syringe).



When traveling...

- If you are driving, keep medicine in a child-resistant container and safely secured in your bag, purse, or suitcase. Keep your suitcase in the trunk of your vehicle or in another location out of children's sight and reach.
- If you are flying, keep your medicine in a secure bag in the overhead compartment.



When you get there...

- Find a safe place, up and away and out of sight and reach of young children to keep your medicine.
 - If there is a kitchen where you are staying, consider using an upper cabinet.
 - If your hotel room has a safe, you can keep medicines in the safe. If there is not a safe, use the top shelf in the room closet.
- If visiting grandparents or friends, ask them ahead of time to ensure their medicines are stored out of reach and sight.



Remember...

- Keep all over-the-counter and prescription medicines up and away, out of reach and sight of young children.
- Vitamins and supplements – including those in gummy form – should also be kept up and away, out of the reach and sight of young children.
- There are many products like diaper rash creams and even eye drops that can be harmful if kids get into them. Keep these products out of reach and sight of children, just as you would other over-the-counter and prescription medicines.
- Program the Poison Help number 1-800-222-1222 into your cell phone so you have it when you need it.



For more information on medicine safety please visit: <https://www.safekids.org/medicinesafety> and <https://upandaway.org>