

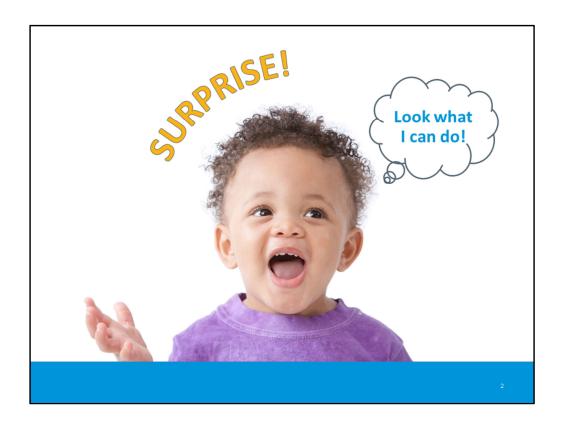
Introduction [Coalition/presenter intro]

Safe Kids is raising awareness and educating families about keeping kids safe around medicine. Safe Kids has done research and developed materials about safe storage, dosing and disposal of medicine.

****Today, there are more medicines in the home than ever before, increasing the potential risk to children of accidental medicine poisoning***

Today we are going to talk about how we can keep young children safe around medicine, and we'll start by watching a short video.

*Play Safe Storage, Safe Dosing, Safe Kids video



Conversation starter:

Ask parents and caregivers in the class about a time their child surprised them by doing something that they did not know their child could do.

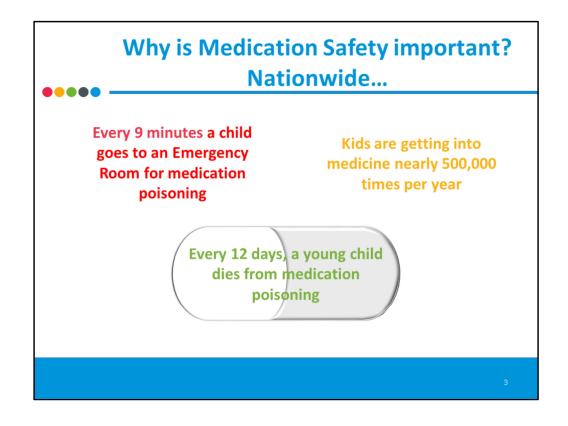
- You can start by asking about times where they were surprised in a good way, such as when their child began standing up on their own.
- Ask if anyone has a story about mischievous surprises, such as unraveling toilet paper or hiding food under the furniture.
- Then, transition into asking about if parents have experienced a time where their child did something that concerned them, such as getting into something they shouldn't have been able to access.

After parents share their experiences, ask them about some of the things they have done to "child-proof" their homes. Ask if they have had to make adjustments as their child grew older and learned new skills:

- How did they transition from when their child rolled over to crawling?
- Crawling to walking and climbing?
- Encourage parents and caregivers to share examples.

At the end, ask if anyone has thought about keeping medicine away from their children.

• Where do parents store medicine in their homes?



Every parent knows it's important to store medicine up and away from children.

Medication poisoning = kids who got into medicine they weren't supposed to or kids who were given the wrong amount of medicine

Medication safety is important because:

- Medications are the leading cause of accidental poisonings that involve children.
- Every minute of every day, a parent or caregiver calls a poison control center after a child gets into medication or is given the wrong amount of medicine.
- More than 67,000 children are treated in US emergency departments for medication poisoning – 12,390 of these children required hospitalization.
- Most children who are seen in the emergency department for accidental medication poisoning are ages 13 months to 24 months.

Source: Safe Kids Worldwide Medication Safety Infographic - 2017

What is Important? Nationwide...

- Toddlers and Teens are Most At-Risk
- The increase of medicines in the home since 1980 is staggering
- Today there are 3 times as many prescriptions filled in the U.S. and 5 times as many dollars spent on over-the-counter medicines.

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1 and 2 year olds account for 53 percent of medicine-related calls to poison centers.

15-19 year olds are 6-times more likely to have serious outcomes

Nationally, every day, poison control centers get a call almost once a minute because a young child got into medicine and emergency departments see enough children each day to fill roughly four school buses for the same reason.

• There were 4 billion prescriptions filled in 2014. That's more than 125 prescriptions filled every second. That's almost three times as many as were filled in 1980 (1.4 billion).

Source: Safe Kids Worldwide Medication Safety Infographic - 2019

San Joaquin County



were seen in emergency departments for accidental poisoning in the last 5 years

Approximately 64%

of accidental poisoning ED visits were due to medication

It's preventable!

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Here in San Joaquin County, we're seeing the same thing as the rest of the country.

In the last 5 years, more than 800 children were seen in the emergency room because of accidental poisoning, and 63 children were hospitalized.

Young children are getting into medicines and getting hurt, but it can be prevented. We can take important steps to keep kids safe.

Source: http://epicenter.cdph.ca.gov/



So, what can we do to keep young children around medicine?

We can keep kids safe by:

- Storing medicines & vitamins safely up and away and out of sight after every use.
- Giving medicines safely by reading the medicine labels and following the dosing instructions.
- Getting rid of expired or unused medicines safely.
- Talking to family and friends about important safety information.

And I'll give you tips on how to do all of these things during today's presentation.

What is medicine?

- Adult medicines and vitamins
- Children's medicines and vitamins
- Eye drops
- Diaper rash remedies



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Medicines: adult medicines and vitamins, children's cough and cold medicines, children's gummy vitamins,

Also - eye drops or diaper rash cream, these may not seem like medicine, but actually are — and if children get into them and eat them, it can hurt them.

Store medicines safely

- Keep medicines and vitamins up and away and out of sight, where children can't see or reach them
- Put medicines up and away after every use

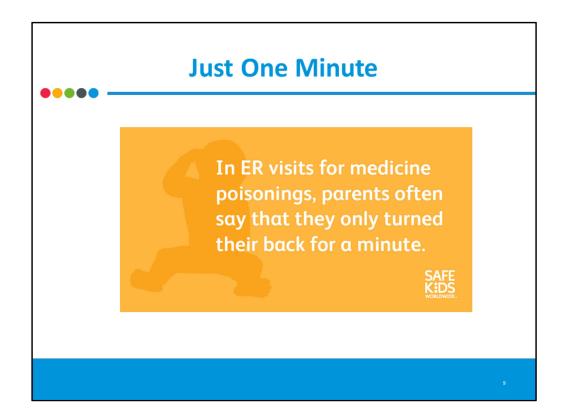


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So how do we store our medicine safely?

Storage

- Store medicines and vitamins up high and out of sight, where children can't get them.
- Even if you take medicine daily or give them to your child more than once a day, put medicines and vitamins up and away after every use. Do not leave medicine on a counter or table between doses.



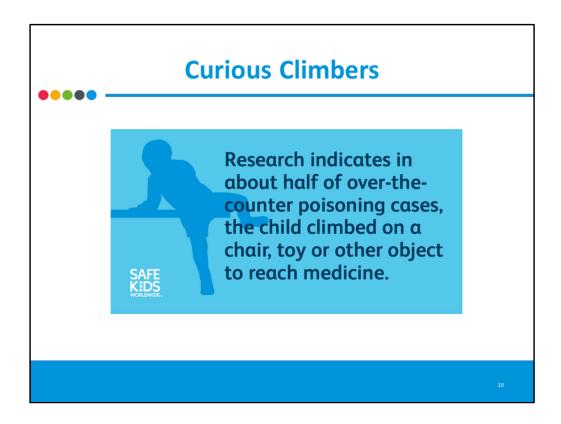
1 in 3 parents believe that if a child is being watched, then it doesn't matter where medicine is being stored.

However, we know that it is almost impossible for parents and caregivers to have their eyes on their child for every single minute of the day. This can be more challenging when they are caring for multiple children at the same time.

Even when a parent/caregiver turns their back from their child for just one minute, it is still possible for that child to get into medicine that is within their reach.

*Suggestion for the educator: Refer back to the discussion when parents/caregivers were surprised by their child. Do they remember a time when they turned their back for a few seconds or minutes before their child did something or got into something unexpectedly?

Source: Safe Medicine Storage: Recent Trends and Insights for Families and Health Educators (Safe Kids Worldwide, 2018)



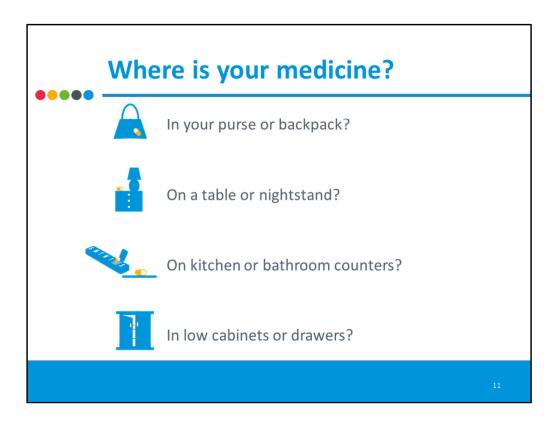
We know that as kids get older, they are more adventurous and curious about the world around them. They become little explorers – climbing on boxes, chairs, tables, etc. to see what is new around them.

Unfortunately, about half of all OTC medicine-related poisonings involve a child climbing onto a piece of furniture or counter to reach medicine. This suggests that just storing medicine out of reach is not enough; it must be stored out of sight as well.

Where are some places in your home that your child likes to climb? Are these places near where you store medicines?

*Suggestion for the educator: Refer back to the responses given by parents/caregivers about times that they were surprised by their child. If someone shared that they were surprised when a child climbed onto something they should not have been able to, you can tie in this statistic back to their story as an example.

Source: Safe Medicine Storage: Recent Trends and Insights for Families and Health Educators (Safe Kids Worldwide, 2018)



Storage (cont)

Most parents we talk with usually keep medication up and away from children.

But many of us don't think about pills and medicines that end up in different places, such as:

- in our purses or bags,
- in or on our nightstands so we can get to them easily when we wake up in the morning or go to sleep at night, OR
- ones that have accidentally dropped onto the floor.

We also often forget about things like diaper rash products we keep next to the changing table or in a diaper caddie.

But the truth is, most of the time when a child goes to the emergency room for medicine poisoning, the medicine was within the child's reach – on a nightstand, counter, in a purse or bag, or dropped on the ground.

Think about your home and places where your child spends time – where can you put medicines where children can't see or reach them?

(Stats)

Where are kids finding medicine?

23% on the ground or misplaced

- 23% in a pillbox or bag of pills
- 19% in a purse or diaper bag
- 18% counter, dresser, table, nightstand
- 8% in reachable cabinet or refrigerator

Source: Safe Kids Worldwide Medication Safety Infographic - 2017



We are all busy, and it's hard to remember everything we have to do before the end of the day. Sometimes leaving our adult medicine in a convenient place, like a night stand or in a pill box, helps us remember to take it. We may also leave our child's medicine and vitamins somewhere we will see it, like on a table or counter, to remind us to give our child medicine. But these are places where a child may be able to reach the medicine.

Adult medicines (ex: blood pressure or heart medication) left where a child can reach them may be especially dangerous if a child eats it.

Set reminders to help you remember to take your medicine or give your child medicine:

- -Write a note to yourself. Put the note somewhere you will see it, like on the refrigerator, the bathroom mirror or next to your keys
- -Set an alarm on your cell phone, watch or computer
- -Write it on your calendar

What are other ways you can remind yourself to take or give medicines on time?



Storage (cont)

Besides keeping medicine up and away out of a child's reach, it's also important to:

- Keep all medicines in their original packages and containers, so there is no confusion about what is in the container.
- Buy medicines in child-resistant packages when possible and close them tightly every time.



When you hear "child-resistant" what does that mean to you?

There is confusion about what *child resistant* actually means.

- Contrary to popular belief, child-resistant packaging does not mean that it is childproof.
- Rather, it means that the packaging meets a standard that requires it to be "significantly difficult for children under 5 years of age to open within a reasonable time, and not difficult for normal adults to use properly."
- Child resistant does not mean that children cannot get into a child-resistant package.

CBS This Morning Story | Kids can open child-resistant pill bottles in seconds: https://www.cbsnews.com/news/too-many-children-die-accidental-medicine-poisoning-safe-kids-worldwide-report/

Children are smart, curious and can be persistent when trying to get into something that catches their eye, even if it does take time.

45 to 55 percent of accidental medicine poisonings involve child-resistant packaging- about half of all accidental medicine poisonings.

Source: Safe Medicine Storage: Recent Trends and Insights for Families and Health Educators (Safe Kids Worldwide, 2018)

Give medicines safely Read and follow the label Know the active ingredients in your child's medicine Don't give your child more than one medicine with the same active ingredient Read the warnings, know the side effects, and understand when to stop taking the medicine and call a doctor

Next, let's talk about giving medication to children.

The most important thing you can do is to read and follow the label every time you give your child medicine. It will give you important information on dosing, ingredients and warnings.

- Many over the counter medications have the same active ingredients. If you are
 giving your child more than one medication, it is important to read the label to
 see if the same ingredient is also in another medicine your child is taking. Don't
 give your child more than one medicine with the same active ingredient –
 otherwise, your child could get a double dose.
- The label also tells you about warnings and side effects.

Give medicines safely

- Check the dosing
 - Make sure you give the right dose at the right time
 - When measuring liquid medicine, use the dosing device that comes with the medicine you are giving
 - Teaspoon (tsp.) vs Tablespoon (tbsp.)

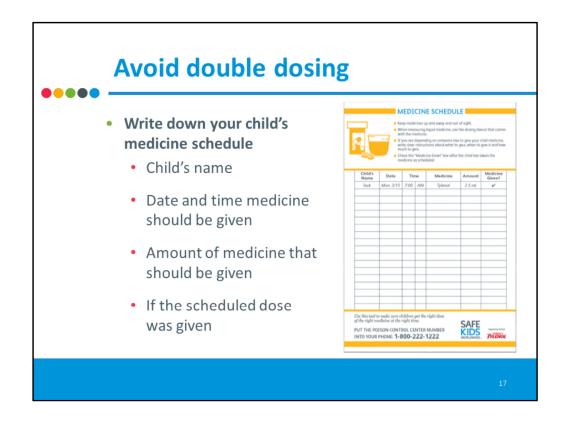


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Dosing (cont)

- Read the label and dosing instructions to find out how much medicine to give
 your child and how often you should give the medicine. Even if your child seems
 really sick, don't give more medicine than the label says. Giving your child too
 much medicine or giving medicine too often will not help your child feel better
 faster, and it may cause harm.
- When measuring liquid medicine, use the dosing device that comes with it this
 could be a medicine cup, syringe or spoon. Don't use a kitchen teaspoon or a
 dosing device that came with another medicine.
- Pay close attention do the directions say teaspoon (tsp.) or tablespoon (tbsp.)?

^{*[}Suggestion for presenter: have demo dosing devices to show to the group – medicine cup, syringe, medicine spoon and kitchen teaspoon]



Dosing (cont)

If you are depending on someone else to give your child medicine throughout the day, take extra care to communicate clearly, because this is when double dosing happens. In fact, 31% of dosing error calls to poison control centers were related to timing such as giving the medicine twice or giving doses too close to each other.

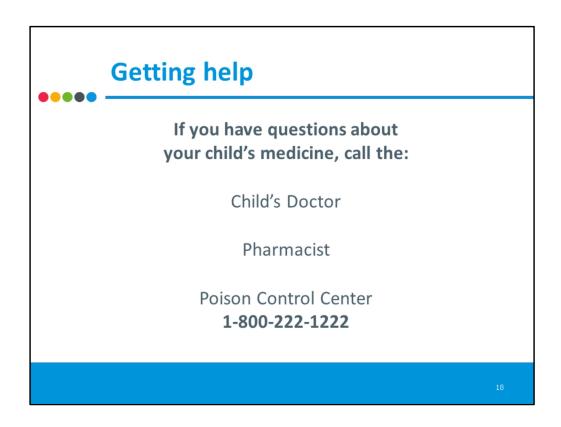
It's important to write down your child's medicine schedule for other caregivers, such as a babysitter, spouse, grandparent, etc. Include the:

- Child's name
- Date and time medicine should be given
- Name of the medicine
- Amount of medicine that should be given the amount could be in milliliters, teaspoons
 or number of pills. To prevent dosing errors, it is important to read the label so you
 know which measurement to use.
- · If the scheduled dose was given

You can also talk to caregivers about setting reminders to help them give your child medicine on time. Ask them to:

- -Write a note and put it somewhere they will see it, like on the refrigerator or the bathroom mirror
- -Set an alarm on their cell phone, watch or computer
- -Write it on their calendar

You can also call or send a text message to caregivers to remind them about giving you	r child
medicine.	
medicine.	



Dosing (cont)

If you have any questions about your child's medicine or how much medicine your child should take, don't hesitate to call your child's doctor or pharmacist.

Your local poison control center can also answer questions about medicines your are giving your child.

They can also tell you what to do if your child gets into medication he/she was not supposed to or if your child was given the wrong amount of medicine.

You can also find medication information on the MedlinePlus website (National Institutes of Health): http://www.nlm.nih.gov/medlineplus/druginformation.html

Poison control centers

Know the number – put it in your home and cell phones

• 1-800-222-1222

When can you call the poison center?

- 24 hours a day, 7 days a week
- It's free and confidential

Who answers the poison center number?

• Nurses, pharmacists, doctors and other poison experts

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Poison control centers

- -Open to take your call 24 hours a day, 7 days a week
- -Free and confidential
- -Nurses, pharmacists, doctors and other poison experts answer your questions
- -They can help you in more than 150 languages or if you are hearing impaired Another important thing for them to know is that no matter where they are in the US (like camping in Glacier Park...this number will connect them with the area's corresponding PCC, so they can give more directions if they want you to take the child someplace, etc.

Source: http://www.aapcc.org

Poison control centers



When should you call the poison center?

- If you have questions about giving medicine
- If your child was given the wrong amount of medicine
- If your child has taken medicine that he or she was not supposed to take

When should you call 911?

- If your child stops breathing
- If your child collapses
- If your child has a seizure



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Poison control centers (cont)

Source: http://www.aapcc.org

Medication Disposal Take-back program

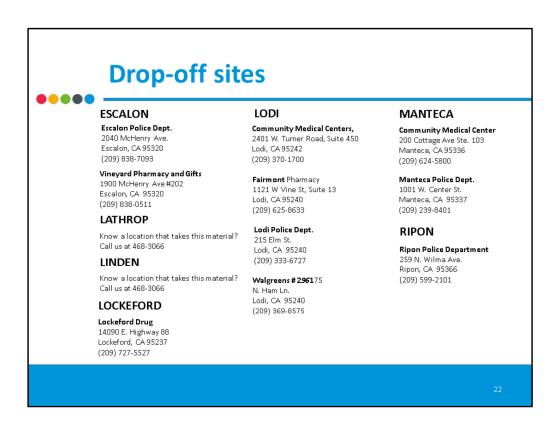
National Prescription Drug Take Back Day (2 x per year)

- Local Police Departments and County Sheriffs' Offices
- Last Saturday in April and October
- Safe, convenient, and responsible way to dispose of unused or expired prescription drugs.
- Take-Back Day in April 2019 brought in more than 900,000 pounds of unused or expired prescription medication.

https://takebackday.dea.gov/

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Twice a year, there is a National Prescription Drug Take Back Day, where you can bring your unused medications to local law enforcement offices. You can call you local police department or sheriff's office to find out if they are participating, or go to https://takebackday.dea.gov/ to locate a take-back site.



Disposal (cont)

You can also take unused or expired prescription and over-the-counter medication to a community drop-off location.

Currently, there are 20 locations in San Joaquin County where you can drop off unused medication, and the county will expanding to more sites in the future. We have a handout with these current locations.

Drop-off sites



STOCKTON

Angkor Pharmacy 4555 N. Pershing Ave., Ste #7 Stockton, CA 95207 (209) 473-4706

Community Medical Centers, Channel 701 E. Channel Street

Stockton, CA 95202 (209) 944-4700

Community Medical Centers,

Waterloo 1031 Waterloo Road Stockton, CA 95205 (209) 940-5600

El Dorado Drug Store 2005 East Mariposa Rd. Stockton, CA 95205 (209) 464-7722

Kaiser Permanente Pharmacy7

373 West Ln, 1st Floor Stockton, CA 95210

Stockton Police Department 22 E Market Street

Stockton, CA 95202 (209) 937-8377

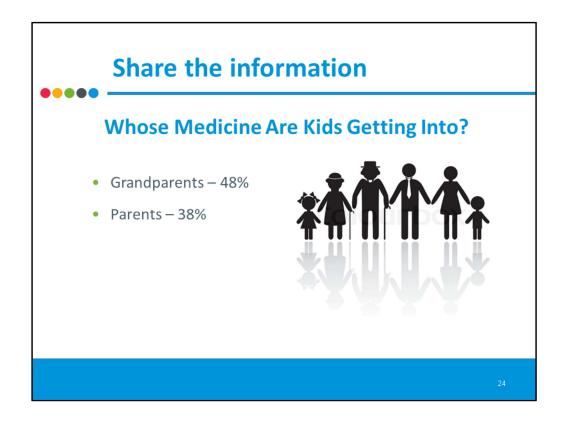
San Joaquin County Household Hazardous Waste Facility 7 850 R.A. Bridgeford Street Stockton, CA 95206 (209) 468-3066

TRACY

Abala Pharmacy550 – B West Eaton Ave.

Tracy, CA 95376 (209) 832-7080

Grant Line Pharmacy 2160 W. Grant Line Rd., #205 Tracy, CA 95377 (209) 832-2999



Now that you know how to keep children safe around medication, it's time to share that information with the people around you.

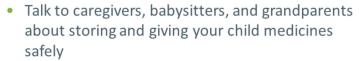
This is especially important, because research shows that an alarming number of kids are getting into medicines that belong to people besides their parents. They're getting into medicine that belongs to friends, neighbors and relatives – especially grandparents!

So why is this happening? As the population ages, people are living longer, and grandparents are playing a bigger role than ever in their grandkids' lives.

In the US, most grandparents (67 percent) have at least one grandchild that either lives with them or lives within 50 miles of them. Many grandparents also provide care for a grandchild on a regular basis.

As you can imagine, more time with grandparents translates into more situations where a child could get into a grandparent's medicine, either at home or while visiting a grandparent.

Share the information



 Ask guests and family members, especially grandparents, to keep their medicine up and away when they are visiting

 Give a copy of your child's medicine schedule to caregivers who will be giving your child medicine

 Know the Poison Control Center phone number: 1-800-222-1222



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Make sure you talk to visitors and people who take care of your kids (especially grandparents or other older adults) about medication safety.

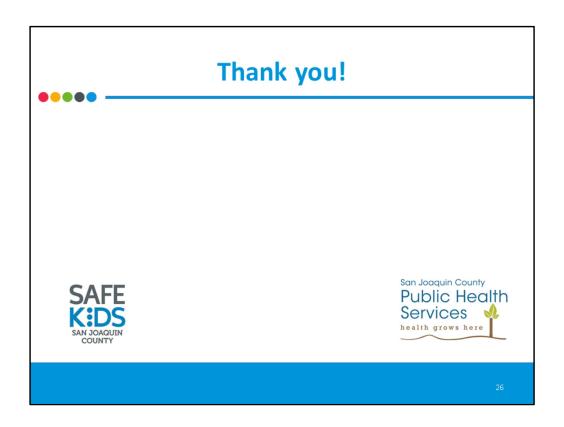
- Ask visitors and caregivers to keep their medicine up and away.
- It can be uncomfortable to talk to your guests about putting their bags, purses and coats
 up and away, but it will keep their belongings out of the reach of curious kids and it will
 also keep kids from getting into potentially harmful medicines.
- Offer to put purses, bags and coats out of reach of children to protect your guests' property.
- Try starting the conversation with:
 - "I have a toddler/wayward dog/crazy cat who gets into everything. Here, let me protect your bag/coat/briefcase by putting it away."
 - "Thank you for babysitting this afternoon. My child is really adventurous—let's store your backpack in the closet."
 - "So glad you're here to visit. We've been looking forward to your stay. Can I show you where to put your things to keep them safe? Our child is going through that phase when she/he just wants to get into everything."

Talk to caregivers and babysitters who will be giving your child medicine

 Share your child's medicine schedule so he/she gets the right amount of the right medicine at the right time. Talk to caregivers and babysitters about how to give your child medicine safely.

Know the PCC number

Make sure family and friends put the Poison Control Center phone number in their home and cell phones, so they have the number if they need it $-1-800-222-1222$.								



^{*}Hand out educational materials, provide contact information.