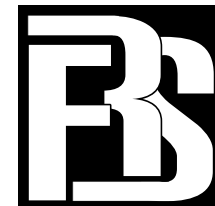


Medicines Help Us and Can Be Dangerous



**FAMILY
RESOURCE
SHEET**

Your child has learned that medicines help us in four ways.

Medicines can:

- » Keep us from getting sick.
- » Help us get better if we are sick or don't feel well.
- » Keep us healthy when one of our body parts needs help.
- » Help us be more comfortable when we are sick.

If a person takes too much or the wrong kind, medicines can be dangerous. Your child knows this safety rule for taking medicine.

Only take medicine if it is given to you by a doctor, parent, or other trusted adult.

Following this rule means that children should never:

- » Share medicine with other people.
- » Take more medicine than parents or trusted adults give.
- » Take medicine prescribed by a doctor for someone else.
- » Give medicine to other children.

Do not allow your child to give themselves medicines.



As you give medicines or vitamins to your child, talk about the amount of medicine the doctor or licensed prescriber has prescribed or the amount that is printed on the bottle. Stress how important it is to take just the right amount for our age and size. To get an exact measurement, use the measuring tool that is provided with the medicine. Remember. Household spoons come in various shapes and sizes and hold different amounts of liquid.

What YOU Can Do to Keep Your Child Safe

- ▶ Talk to your child about safe use of medicines. Let them know that medicines help us and can harm us.
- ▶ Reinforce the rule your child has learned for using medicines safely.
- ▶ Never tell children that medicines are candy in order to get them to take it.
- ▶ Give the right medicine and the right amount of medicine. Read and follow the directions on the bottle carefully.
- ▶ Store medicines in a secure place that is out of the reach of others including children, family, friends, and visitors. Consider using a locked box or locked storage cabinet to store medications except those prescribed to treat a potential health emergency (such as epinephrine auto-injectors, quick-relief/rescue inhalers).
- ▶ If your child needs to have ready access to an emergency medication and you have allowed them to self-administer, provide a safe place for your child to access this medication. Choose a place where siblings or visiting children have minimal access. Be sure the medication container is labeled clearly with your child's name, dosage, and frequency of administration.
- ▶ Remind babysitters and guests that medications need to be in a secure place that is out of the reach of children.
- ▶ Put medicines away each time they are used. Never leave medicines out on a counter or bedside table even if you will use them again soon.
- ▶ Get medicine bottles with a safety lock. Be sure the cap is locked each time it is opened and replaced. Twist it until you hear the click or can't twist it anymore. Even with a safety lock, put the medicine back in a secure place after use.
- ▶ Offer other ways to manage an injury or illness rather than going to the medicine cabinet first. For example, if your child falls and hurts an arm or leg and it is not an emergency, suggest resting it and putting a cold cloth on it rather than taking an over-the-counter pain reliever.
- ▶ Make sure other family members are using medicines safely. They are important role models for younger children.

If an emergency occurs, Poison Control is available 24/7: 1-800-222-1222. Keep the Poison Help number in all of your phones. Or, text "POISON" to 797979 to automatically save it.

Visit the Up and Away Campaign website, www.upandaway.org, to learn more about storing medications safely while at home and when traveling with young children.

A National Epidemic: Opioids

Our nation is facing a crisis. Opioids are being used in dangerous ways.

Opioids include:

- Pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin® and Norco®), codeine, morphine,
- The illegal drug heroin, and
- Synthetic opioids, which can be legally prescribed and illegally manufactured, such as fentanyl.



Approximately 60,000 young children are brought to the emergency room each year because they got into medicines that were left within reach.

Centers for Disease Control and Prevention (2016), www.cdc.gov

Opioids can be effective in treating severe pain when taken for a short time and as prescribed by your doctor or other licensed prescriber. However, they can be misused by taking more than prescribed or taking them without a prescription from a licensed prescriber. Even when prescribed by a licensed prescriber, regular use can lead to physical dependence. When misused, opioid pain relievers can lead to overdose incidents and deaths. Fentanyl is a synthetic opioid pain reliever legally prescribed for severe pain. It is 50 to 100 times as potent as morphine. Only a few grains of the powder can lead to a fatal overdose. Drug overdose deaths involving prescription opioid pain relievers have increased dramatically since 1999.

Surprising Facts: Opioids, Children, and Teens!

- ▶ Each year, opioid medication poisoning causes more than 300 deaths in children and teens.
- ▶ Every 45 minutes, poison control centers get a call about children and teens exposed to opioid medication.
- ▶ About 1 in 10 of these cases are admitted to health care facilities.
- ▶ Children under the age of 5 account for 60% of these calls. Most cases (86%) are unintentional. For example, a child finds pills that are within reach.
- ▶ Teenagers, ages 13-19, account for 30% of the calls. Most cases (72%) are intentional. For example, a teenager takes a parents' medication.
- ▶ 96% of these poisonings happen at home.

Source: Children's Safety Network (2017), www.childrenssafetynetwork.org

Tips for Pain Relief

When you or someone you love is in severe pain, it is natural to want immediate relief. If you are in this situation:

- ▶ Work with your doctor to create a plan on how to manage pain.
 - ▷ Know the options and consider pain management that does not include opioids.
 - ▷ Discuss any and all side effects and concerns.
 - ▷ Make the most informed decision with your doctor.
- ▶ Follow up regularly with your doctor.

Safety Guidelines Around Opioids

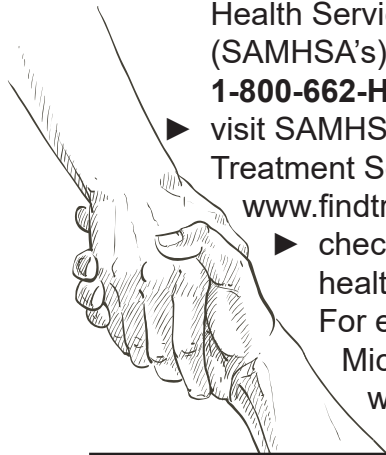
People who misuse opioids have three main sources of opioids: family, friends, or personal prescriptions. If you have opioids in your home, protect your family, friends, and visitors. Here are some important guidelines.

- ▶ Store opioids with other medications in a secure place that is out of reach of others including children, family, friends, and visitors.
- ▶ Keep track of how many pills are in the bottle to determine if any are missing.
- ▶ Don't take opioids with alcohol.
- ▶ Don't take opioids with other medications without your doctor's approval.
- ▶ Safely dispose of unused opioids and other expired, unwanted, or unused medicines.
 - ▶ The Food and Drug Administration's website, www.fda.gov/Drugs/ResourcesForYou, will give you more information on options for disposal.
 - ▶ Find your community drug take-back program or your pharmacy mail-back program. Check with your local law enforcement officials or pharmacist to find a location near you. You might also search the U.S. Drug Enforcement Administration (DEA) website to find locations: <https://takebackday.dea.gov>.



If you or someone close to you needs help for misuse of opioids or an addiction:

- ▶ talk to your doctor,
- ▶ call Substance Abuse and Mental Health Services Administration's (SAMHSA's) National Helpline at **1-800-662-HELP (4357)**,
- ▶ visit SAMHSA's Behavioral Health Treatment Services Locator online: www.findtreatment.samhsa.gov, or
 - ▶ check your state's public health services for resources. For example, in Michigan check www.michigan.gov/mdhhs.



Visit these websites for more information on opioids.

- ▶ National Institute on Drug Abuse (NIDA), www.drugabuse.gov
- ▶ Centers for Disease Control and Prevention (CDC), www.cdc.gov
- ▶ Children's Safety Network, www.childrenssafetynetwork.org
- ▶ U.S. Food and Drug Administration (FDA), www.fda.gov/Drugs/ResourcesForYou
- ▶ Substance Abuse and Mental Health Services Administration (SAMHSA), www.samhsa.gov
- ▶ U.S. Drug Enforcement Administration (DEA), www.dea.gov

The new terminology for substance abuse is "substance use disorder". This applies to alcohol, tobacco, cannabis (marijuana), stimulants, hallucinogens, and opioids. The titles of these organizations were taken directly from each website. These are reliable websites and will transition to the current terminology.

Source: www.samhsa.gov/disorders/substance-use