

Keep an updated list of emergency telephone numbers with the poison control center number:



Post this near every phone in the home and program into your cell phone. When there is poisoning exposure, always call 911 or the poison control center first.

To find more information contact
Safe Kids Grand Forks
c/o Altru Health System
P.O. Box 6002
Grand Forks, ND 58206-6002
Coordinator: Carma Hanson
Phone: 701.780.1489
Email: safekids@altru.org
www.safekidsgf.com
or
www.safekids.org



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Medication Safety For Grandparents



Have you ever thought your grandchildren would be at risk for poisoning in your own home?

- » 38% of child poisonings involve a grandparent's medication
- » 3 out of 4 emergency room visits involving medication poisoning were from a parent or grandparent's medicine.

Prevention is key and here are a few tips on how to keep your grandchildren safe.

Tips on Medication Disposal

Keeping old and unused medicine can subject your grandchildren to an increased risk of medication poisoning. This includes medicines from someone who has passed away. Important items to remember in medication disposal include:

- » Clean out your medicine cabinets at least every 6 months.
- » The Grand Forks law enforcement center and others around the state take unused over-the-counter or prescription medications with no questions asked. Each law enforcement center is equipped with a drop box in the lobby area of the building. Medications are simply placed in that disposal box and are incinerated. This is the BEST option for disposal of unwanted medications.
- » If you are unable to drop off your medications at a Take Back location, there are other options rather than putting them down a toilet or simply throwing them in the garbage. To dispose of medications yourself, pour them into a sealable plastic bag. If the medication is a pill, add water to dissolve it, then add kitty litter, sawdust or coffee grounds to the bag. This will deter children from getting into the medicine.

Tips on Medication Storage

Proper storage of medicines can greatly reduce the risk for your grandchildren.

- » Store your medicine up, away, and out of sight .
- » Close medicine bottles tightly after every use.
- » Be alert to visitor's medicines and keep purses or overnight bags out of reach.
- » Store medications out of reach after every use, especially if they are in non-child resistant bottles or dispensing systems.

