



**Protect your children from  
medication poisoning**

## You can protect your children from medication poisoning.



Did you know that calls to Alberta's poison centre for children aged 0 – 5 years old are most frequently about **over-the-counter** pain relievers? Follow these important steps:

### When **Giving Medication**:

- Give only the amount indicated on the prescription label or the medicine's Drug Facts Table.
- Know the schedule for your children's medication to give them the right amount of medication at the right time.
- Do not use more than one medicine containing acetaminophen (e.g. Tylenol®) or ibuprofen (e.g. Advil®) at the same time.

### When **Storing Medication**:

- Keep all medicines locked up tight, out of sight and reach of children.
- Always put the medicine away after using it.
- Visitors may carry medications with them. Keep their coats and bags out of reach of children.
- Keep medications in their original containers.

Contact your pharmacist or healthcare provider if you have any questions about a medication.



**If you think a child has swallowed too much medicine or taken the wrong medicine, you can reach Alberta's poison centre, PADIS at 1-844-POISON-X (1-844-764-7669).**