

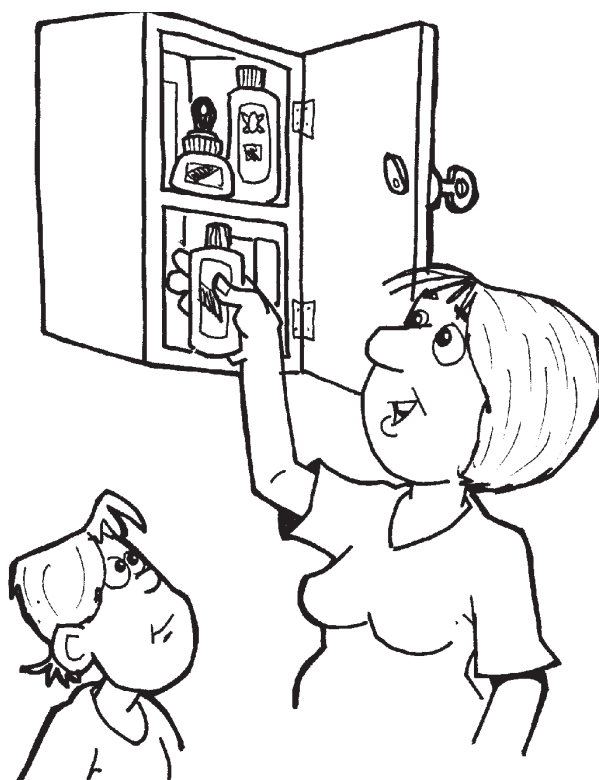


Kids and medicines

Each year many children need medical care because of poisoning. Most of these poisonings happen in and around the home and are usually from medicines including paracetamol, a common household product.

Here are some tips that can help you talk to your child about the safe use of medicines.

- Tell your child why the medicine needs to be taken.
- Show your child the packet or bottle and read aloud the instructions for use.
- Show your child how to find the expiry date of the medication.
- Tell your child the correct dose and let them watch as you count out the tablets or measure out the liquid.
- Explain why it is important to store medicines out of their reach and the reach of younger siblings.
- Talk about other trusted adults who can give your child medicine.
- Talk about other natural ways (if appropriate) of preventing the problem from recurring eg sleep, water, rest.
- Never refer to medicines as lollies and return all medicines to a storage place out of reach of children, and immediately after they have been used.
- Never give your children under 12 years of age aspirin at any time, unless prescribed by a doctor.



Have a look through your medicine cabinet. Throw the 'out of date' and unwanted medicines away. Make sure that all medicines are stored in their original containers and are not loose.

Call the Poisons Information Centre on 13 11 26 if you are concerned about accidental overdose.

Thank you for playing a vital role in your child's health and drug education.