

9 to 10-year-olds

- Keep bags and backpacks with medicines out of reach of young children at home and elsewhere.
- Discuss with your parents how you can take more responsibility for using medicines.
- Explain to adults why it's important to finish all antibiotics as prescribed.
- Ask which side effects are serious and which are minor, and decide with your parents what to do if you experience any.
- Store medicines in their original containers with child-proof caps. Avoid using pill boxes since they lack important information about your medicine.

11 to 12-year-olds

- Learn to read dosage charts on medicine labels at the store or pharmacy.
- Keep only the medicines you need and dispose of expired ones safely, either by throwing them away where kids and pets can't reach or asking your pharmacist for disposal advice.

Adults! please remember:

- Keep all medicines and dietary supplements in the house out of reach of young children.
- Store medicines in a cool, dark place away from heat and sunlight, unless instructed to refrigerate.

Reference : <https://www.fda.gov/drugs/tips-parents/they-grow-teaching-your-children-how-use-medicines-safely> (accessed 13 Sep 2024)

KIDS, LET'S LEARN ABOUT MEDICINES!



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3-year-olds

- If you find a tablet or candy, give it to an adult without tasting it.
- Only take medicine or vitamins when your parent or guardian says so.
- Tell an adult if you see other kids playing with medicine.

5-year-olds

- Have your parents label your medicines bottle with your name.
- If you feel worse after taking the medicine, tell your parents or another adult.

6-year-olds

- Make sure the person giving you the medicines reads the label and checks the dosage. Read it together.
- Ask when and what time you need to take the medicine next, and read the label if needed.
- At the doctor's office or pharmacy, ask about the medicine, why you need it, and what it does.

7-year-olds

- Learn the steps for taking medicine and ask your parents which parts you should do together and which they should handle alone.
- Follow your school's rules for taking medicine.
- Check the label before taking medicine to ensure it matches what was prescribed. Confirm the dosage and usage instructions.
- Keep medicines out of your pockets and away from young children.
- Avoid taking medicine in front of kids under 4, as they might think it's candy or try to copy you.

8-year-olds

- Know your weigh and tell your parents when they check the medicine label. Learn to weigh yourself if you have a scale.
- Keep a record of when you take your medicine daily. Ask your parents for help with a chart and fill it in together.
- Discuss drug ads with your doctor, nurse, pharmacist, or parents to understand what you see online or in media.
- Ask about possible side effects of your medicine and inform an adult if you experience any.
- Write down questions to ask your doctor, nurse, or pharmacist about your medicines.

