



## Staying safer around medicines

**Your child has been learning about staying safer around over-the-counter and prescription medicines. We have talked about how over-the-counter medicines like cough mixture are drugs and that they can be both helpful and harmful to us. Your child has been practising how to be assertive to keep themselves and others safe around medicines.**

Please reinforce these rules about medicine with your child.

### SHOULD

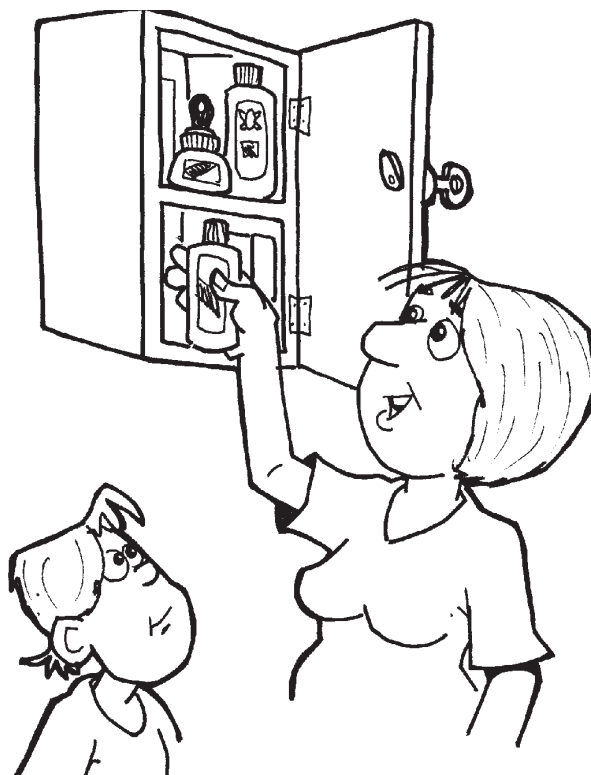
- ✓ Keep medicines away from small children.
- ✓ Tell an adult if the medicine makes you feel worse.
- ✓ Follow the instructions on how much and when to take the medicine.
- ✓ Always check the use-by-date.
- ✓ Only take medicine from an adult you trust.
- ✓ Think about what else you could do to make you feel better before you take medicine.

### SHOULDN'T

- × Don't take medicines that are past their use-by-date.
- × Don't take someone else's medicine.
- × Don't touch syringes that you may find. Get an adult.
- × Don't try any medicine you find.
- × Always finish all the tablets in the packet if you are taking antibiotics.

### To avoid accidental overdose of children or other harmful effects:

- Be sure you know how much medicine to give, how long to wait between doses and the maximum number of doses that can be given in a 24 hour period.
- Know the correct weight of your child to work out the correct dose of medicine.
- Use a proper measuring device.
- Check with your spouse/partner (especially during the night) if any medication has been given to your child.
- Some analgesics are found in other medicines, such as cough and cold medicines. It is easy to 'double up' if you don't check the ingredient list before using these medicines with analgesics. For example, Panadol and Dymadon both contain paracetamol.
- Call the Poisons Information Centre on 13 11 26 if you are concerned about accidental overdose.
- **Never give a child under 12 years of age aspirin at any time**, unless prescribed by a doctor.



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