



Health and Wellness Newsletter

Issue 2

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Medication Safety

Medications are the leading cause of child poisoning. This poisoning can happen when a child gets into something that was not intended or accidental misuse from a parent or caregiver. More than 67,000 children go to an ER each year due to medication poisoning. That equals one child every eight minutes.

Tips for Safe Storage

- 1) It is important to keep medications, even vitamins, eye drops, diaper cream, away and out of view from children.
- 2) Make sure to keep them out of purses and nightstands, and off of the counter.
- 3) A good way to secure medications is to keep all forms of medication in a plastic lidded box in a cabinet. However, some medications need to be refrigerated, so be sure to read the label.
- 4) Make sure to securely close medication tops/caps after each use.

Safe Use

- 1) Make sure to use to proper dosing tools. Do not use a kitchenware teaspoon or tablespoon.
- 2) Check the proper dose for your child with their current weight.
- 3) Always check with a doctor if you're unsure if the symptoms require medication for treatment.
- 4) How much, how often, and how long can the medication be taken?
- 5) The proper way to give the medication (eye drops, ear drops, oral, rectum, to the skin or inhaled).
- 6) Know what side effects to watch for incase of allergy.
- 7) Be sure to check interactions with other medications your child is taking.

- Some different medications cannot be taken together. Be sure to check with us at Inlet Pediatrics or your pharmacist before administering medications to your child.
- Watch for signs of an allergic reaction to medication. If your child develops a rash, hives, vomiting, or diarrhea, contact our office or pharmacist, and discontinue use. Antibiotics, such as penicillin, are among the most common medications to cause an allergic reaction.
- If your child develops any problems breathing, trouble swallowing, or wheezing after taking a medication, seek emergency care immediately.

Measurement abbreviations:

tbsp = tablespoon
tsp = teaspoon
oz = ounce
ml = milliliter
mg = milligram

If you have questions or concerns regarding any medication, please be sure to contact us at:

843-652-3300

Useful Resources:

http://kidshealth.org/parent/firstaid_safe/home/medication_safety.html#cat150

<http://www.safekids.org/medicinesafety>

<http://www.cdc.gov/medicationsafety/>

*You may have to copy and paste hyperlinks.



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