



# Health and Wellness Tip of the Week - Week 47

November 24, 2014

## Monthly Topic:

*Get Smart about Antibiotics Week* falls in November, so what better time to remind employees about how to safely take medications.

## Keeping Children Safe From Medication Errors or Mishaps

Children may get a hold of medicine or over-the-counter drugs and mistake them for candy or juice. This can lead to children taking things that can hurt them. Nearly 53,000 children less than 5 years old visit the emergency room each year because of taking drugs by accident. Parents and caregivers can lower the chances of problems by:

- Giving children drugs only when needed
- Buying drugs with child-proof caps
- Storing drugs out of reach of children
- Making sure to follow the orders on the container
- Using the right size measuring tool, either the one that came with the drug or buying one from the drugstore
- Checking to be sure your child isn't taking more than one drug with the same active ingredient and talking to the doctor if this occurs
- Calling your pharmacist or doctor if you are unsure of how to give the medicine
- Keeping the poison control number, **800-222-1222**, within easy reach and saving it on your cell phone

*Sources: Centers for Disease Control & Prevention;  
National Institutes of Health*

## Medication Safety



*Use it Right,  
Close it Tight,  
Out of Sight*

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