Don’t let your grandchildren become a statistic, take these precautions to help keep them safe:

Keep all medicines and vitamins up and away and out of sight in a high cabinet or other place your grandchildren can’t reach or see.

Keep purses, bags, or coats that have medicines or vitamins in them out of their reach and sight.

Never leave medicines or vitamins out on a table, countertop, or bedside table where your grandchildren could reach them. Relock the safety cap and put them away every time you use them.

Set a daily reminder to take your medicines and vitamins on your refrigerator or a location you check on a daily basis, since they will be safely stored up and away and out of sight.

Save the Poison Help number (800) 222-1222 in all your phones so you will have it when you need it.