

# Poison Prevention Activities and Information

*Presented by the Independent Health Medication Therapy Management Team*

Many children are spending more time at home than ever before due to the virtual learning environment. Classrooms are usually safe spaces for children when it comes to potentially hazardous substances, but sometimes our homes are not. Teaching your children about poison prevention is more important than ever. We hope the information and activity sheets included are helpful for getting the conversation started with your kids!



## Included in this packet:

1. Medication Safety Checklist and Tips for Parents from Safe Kids Worldwide (<https://www.safekids.org/>)
2. Medication Safety Crossword Puzzle from GenerationRx (<https://generationrx.org/>)
3. Medicine Coloring Sheets from Up and Away (<https://www.upandaway.org/>)
4. Children's Activity Sheets from Upstate New York Poison Center (<https://www.upstate.edu/poison/index.php>)

## Additional resources and games:

- Pills vs. Candy Web Game (<https://pillsvscandy.com/>)
- Information from the CDC (<https://www.cdc.gov/patientsafety/features/safe-medicine-children.html>)
- Information from NeedyMeds (<https://www.bemedwise.org/medicationinformation-library/>)







## Medicine Safety Checklist

### TIPS FOR PARENTS

#### TIPS FOR PARENTS OF KIDS AGES 0-5

- ❑ **Put medicine up and away, out of children's reach and sight every time.** Make sure that all medicine and vitamins are stored out of children's reach and sight. Think about places where kids get into medicine, like in purses, counters and nightstands.
- ❑ **Remember products you might not think about as medicine.** Products such as diaper rash remedies, vitamins and eye drops need to be stored safely.
- ❑ **Use only the dosing device that comes with liquid medicine.** Kitchen spoons aren't all the same, and a teaspoon or tablespoon used for cooking won't measure the same amount of medicine as the dosing device.
- ❑ **Write clear instructions for caregivers about your child's medicine.** When other caregivers are giving your child medicine, they need to know what medicine to give, how much to give and when to give it.

#### TIPS FOR PARENTS OF KIDS AGES 6-10

- ❑ **Model responsible medicine use.** What kids see you do is a stronger message than what you tell them to do. Make sure to keep medicine out of children's reach, and read and follow over-the-counter (OTC) Drug Facts and prescription labels.
- ❑ **Teach your child that medicine should always be given by an adult.** It's important for kids to know that they should not take medicine on their own. Adults can help make sure kids are taking medicine correctly.
- ❑ **Don't refer to medicine as candy.** Referring to medicine as candy may encourage children to take medicine on their own.
- ❑ **Take the time to read the medicine label with your child, even for OTC medicine.** As your kids get older, it's important to teach them how to read and understand the label before taking medicine.

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## TIPS FOR PARENTS OF KIDS AGES 11 AND OLDER

- **Teach older kids how to read the over-the-counter (OTC) Drug Facts or prescription label.** Take the time to teach them about each section of a label and its purpose.
- **Talk to older kids about the importance of only taking medicine that is meant for them.** Taking medicine that belongs to someone else or misusing medicine, even OTCs, can cause harm.
- **Teach older kids that medicine labels are rules, not guidelines.** Be sure pre-teens and teens know that taking more than the recommended dose will not help them get better any faster, and it could hurt them.
- **Check in with older kids and talk about medicine they are taking regularly.** Even pre-teens and teens who need to take medicine every day may make errors in dosing or dosing frequency, so it is important to talk with them about taking medicine responsibly.

## HELPFUL RESOURCES FOR ALL PARENTS

- **Save the toll-free Poison Help number in your phone: 1-800-222-1222.** The Poison Help line is not just for emergencies. You can call with questions about how to take or give medicine, concerns about plants, chemicals, carbon monoxide, bites, stings and more.
- **Learn about OTC Medicine Safety.** Learn how to teach older kids about medicine safety at [www.scholastic.com/otcmedsafety](http://www.scholastic.com/otcmedsafety).



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# Medication Safety Patrol: Pharmacy Crossword Puzzle

## Synopsis and Instructions

Participants will apply their understanding of safe medication-taking practices and common pharmacy terms by completing a crossword puzzle.

## Materials

- Pens and Pencils
- One "Crossword Puzzle" per person

## Answers

Across	Down
3. A person your parents can talk to with questions about medicine. <b>[PHARMACIST]</b>	1. A type of medicine that a doctor prescribes to treat disease or injury. <b>[PRESCRIPTION]</b>
4. A substance that is used to treat disease or injury. <b>[MEDICINE]</b>	2. Always examine the medicine _____ to identify instructions and who can take the medicine. <b>[LABEL]</b>
6. Only take medicines when given to you by a trusted _____. <b>[ADULT]</b>	5. An UNSAFE place to store your medicines in the bathroom or kitchen. <b>[COUNTER]</b>
7. A SAFE place to store your medicines in the bathroom or kitchen. <b>[CABINET]</b>	8. Always follow the _____ on how to take a medicine. <b>[INSTRUCTIONS]</b>
9. Never _____ your medicines with others or take somebody else's medicine. <b>[SHARE]</b>	
10. Always keep medicines in their original _____ or container. <b>[BOTTLE]</b>	

## Talking Points

- Safe storage places for medicine include locked cabinets or high shelves where children cannot reach.
- We should always keep medicines in their original container so that they cannot be mistaken for candy or another medicine.
- Everyone is different, so we should never share medication or take somebody else's medicine. This ensures that medicine will continue to help us, not hurt us.
- It is important to only take medicine from individuals that a parent (or guardian) gives permission. This ensures we take the medicine correctly, allowing it to help us, not hurt us.

Learn more at [GenerationRx.org](http://GenerationRx.org)



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Lit. No. 5CR16-514361 (11/2016)

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## Crossword Puzzle

### Pharmacy Clues Crossword Puzzle

#### Directions

Complete the crossword puzzle by matching the clues in the table with a word listed in the word bank.

#### Across

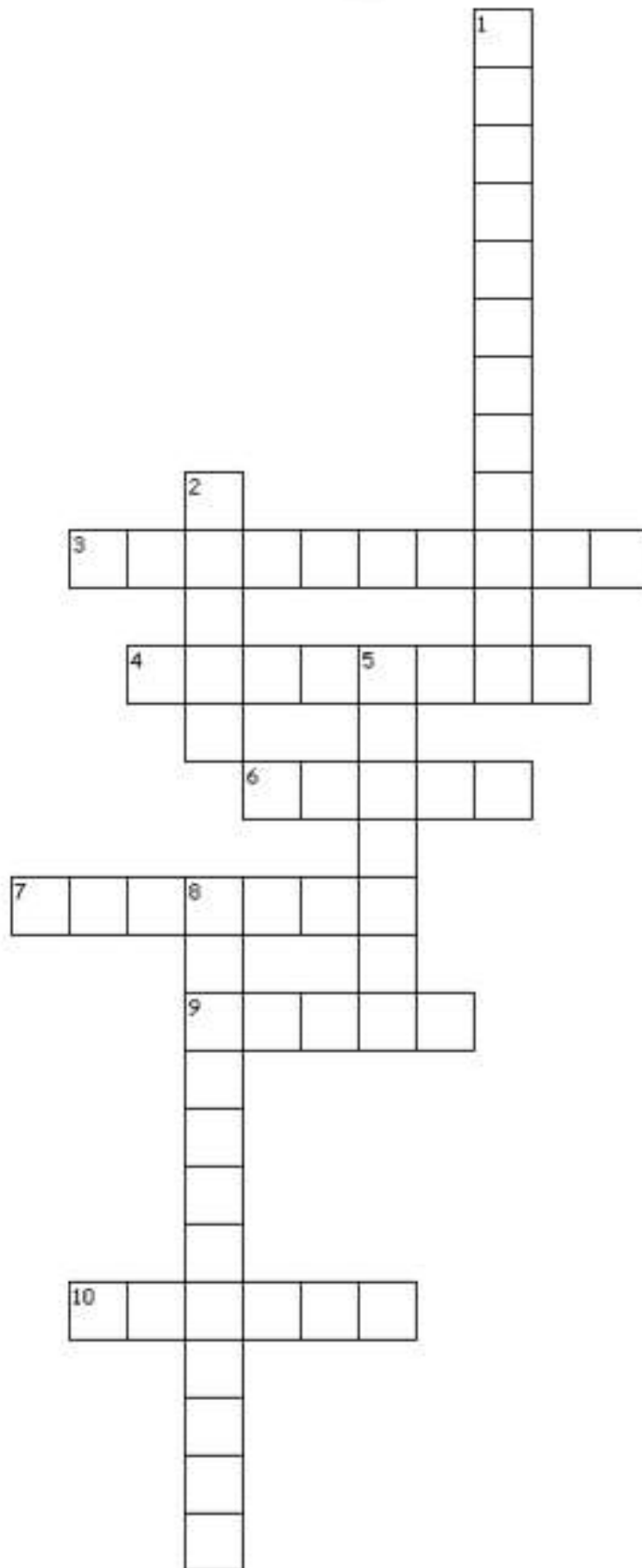
3. A person your parents can talk to with questions about medicine.
4. A substance that is used to treat disease or injury.
6. Only take medicines when given to you by an \_\_\_\_\_.
7. A SAFE place to store your medicines in the bathroom or kitchen.
9. Never \_\_\_\_\_ your medicines with others or take somebody else's medicine.
10. Always keep medicines in their original \_\_\_\_\_ or container.

#### Down

1. A type of medicine that a doctor prescribes to treat disease or injury.
2. Always examine the medicine \_\_\_\_\_ to identify instructions and who can take the medicine.
5. An UNSAFE place to store your medicines in the bathroom or kitchen.
8. Always follow the \_\_\_\_\_ on how to take a medicine.

#### Word bank:

Medicine	Instructions	Bottle
Prescription	Adult	Pharmacist
Cabinet	Share	
Label	Counter	

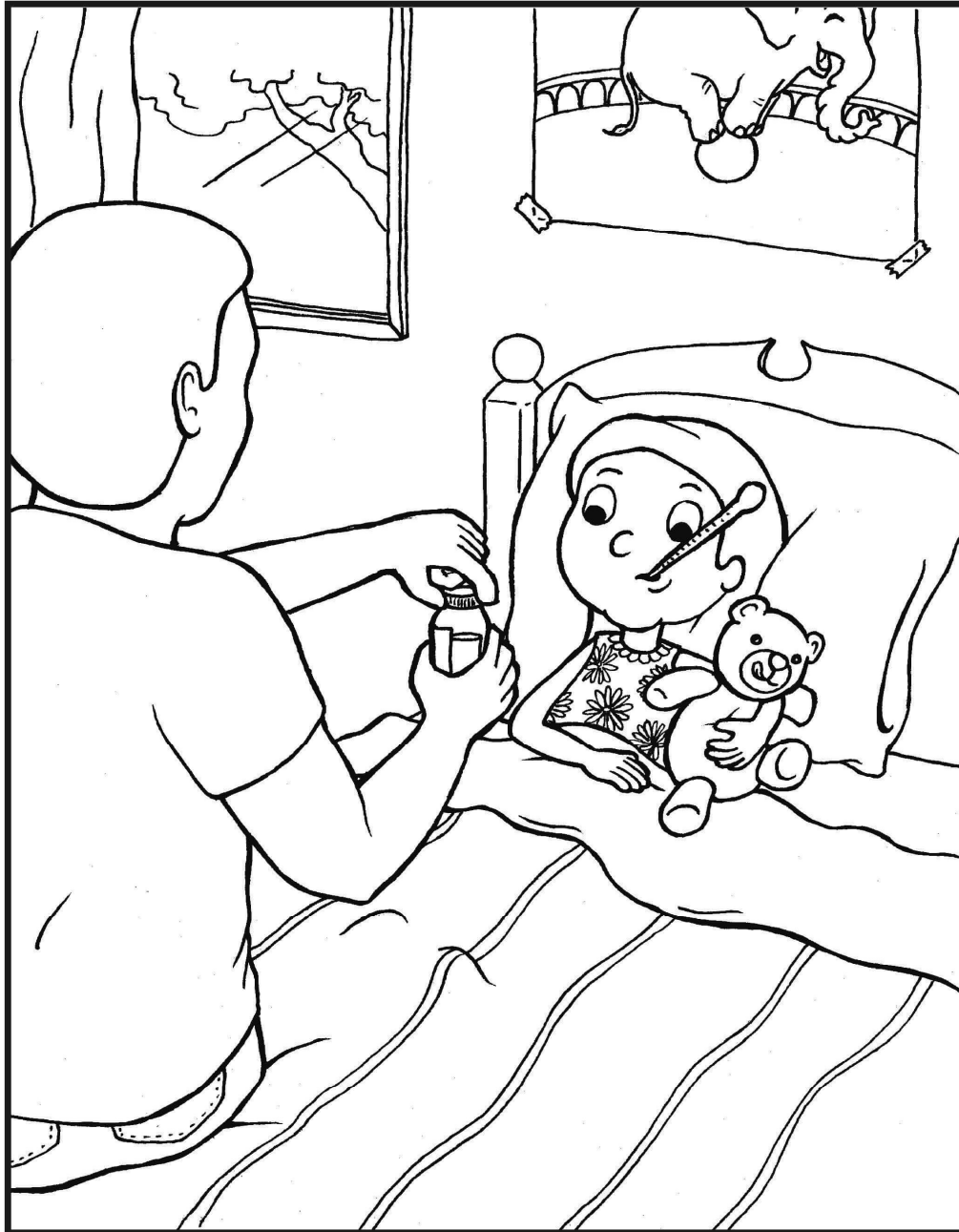


**Only take medicine when a grown-up gives it to you.**



**Parent tip:** Tell your children what medicine and vitamins are and that they should only be given by a parent or other adult who is caring for them.

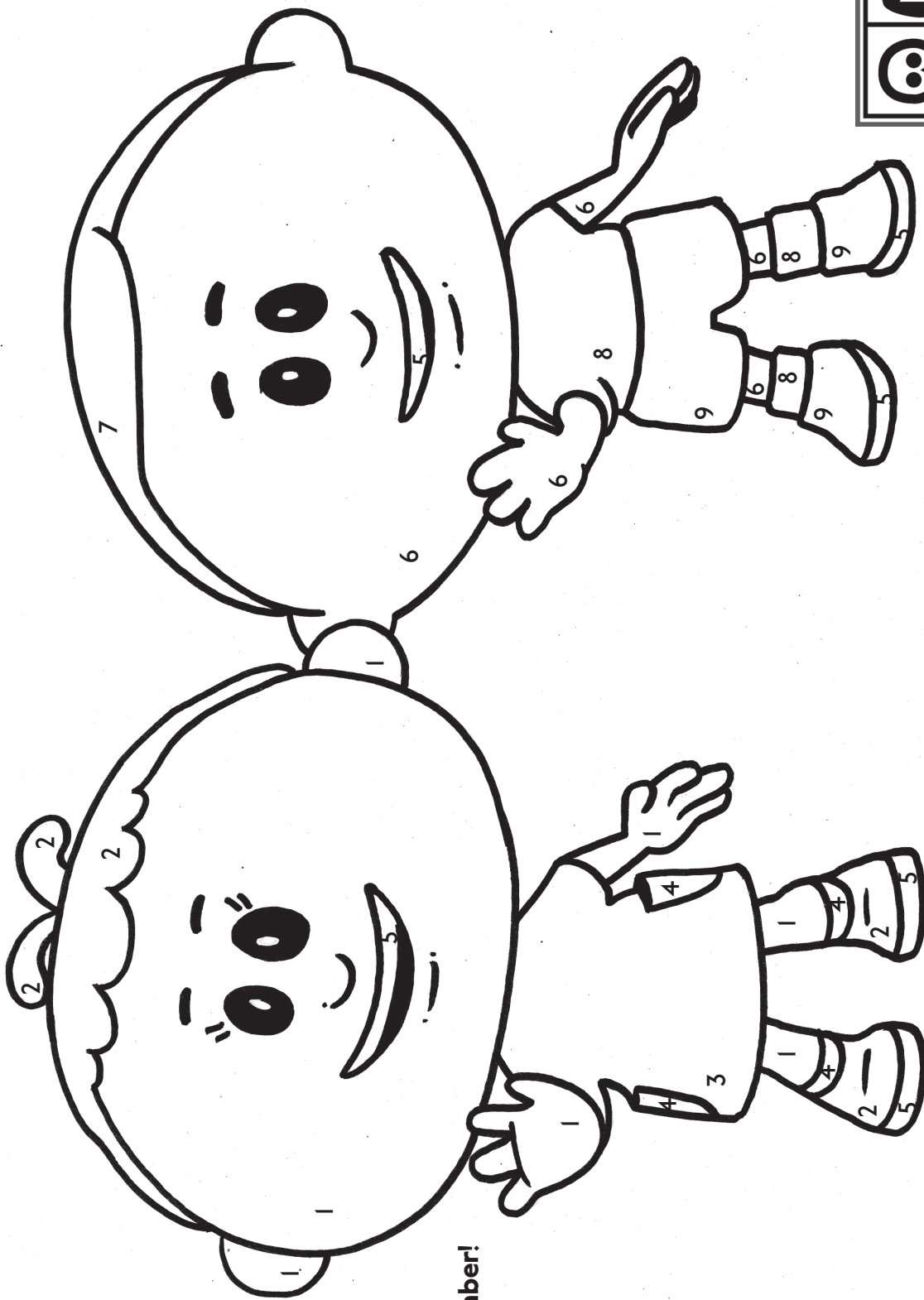
**Medicine is NOT candy.**



**Parent tip:** Never tell children medicine is candy. If children think medicine is candy they will take it even when you are not looking.



# MELLIE AND ZIPPER SAY, "STAY AWAY FROM POISONS!"

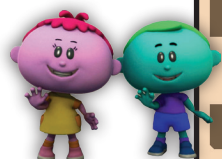
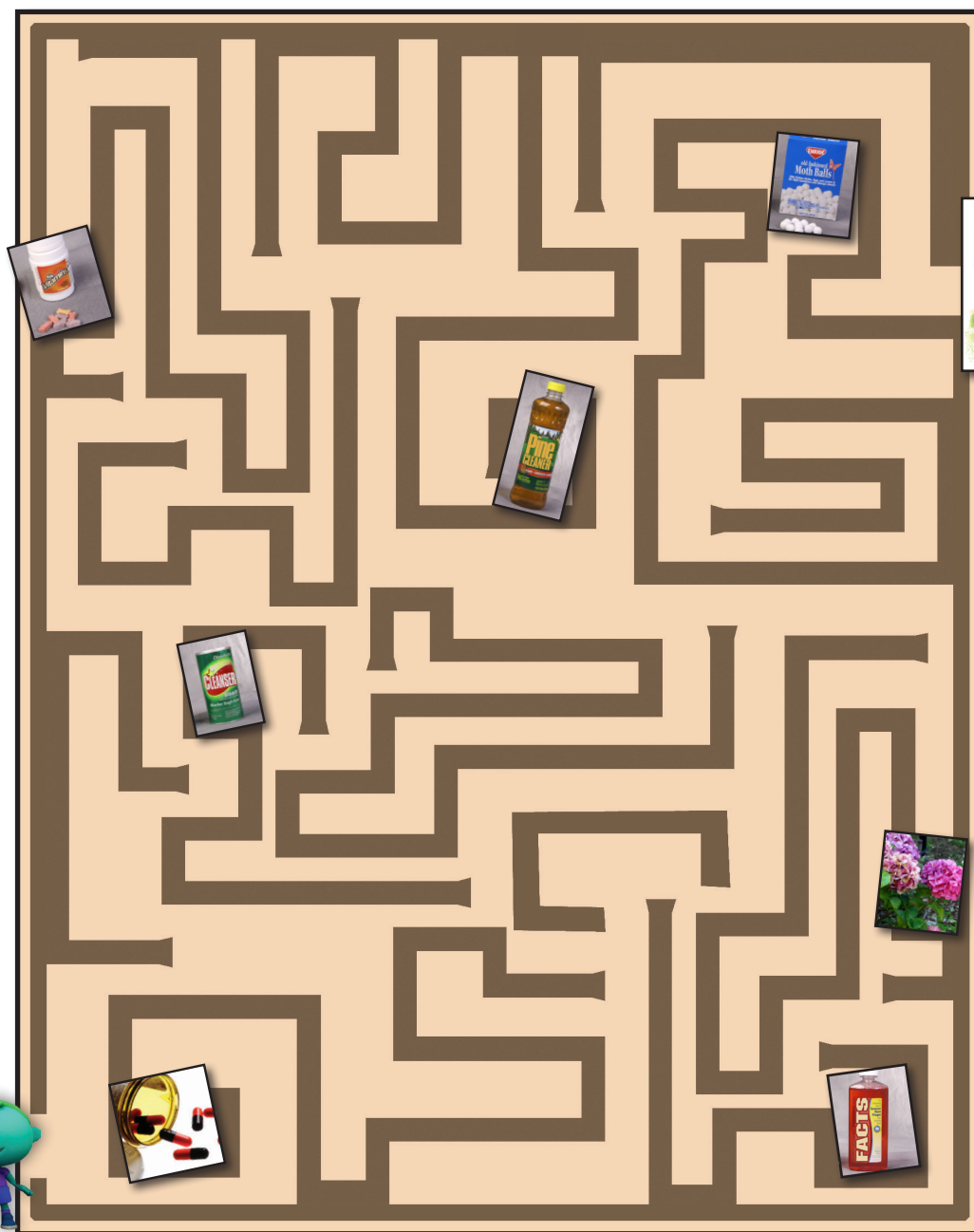


## Color by Number!

- 1: light purple
- 2: pink
- 3: yellow
- 4: orange
- 5: white
- 6: turquoise
- 7: green
- 8: purple
- 9: blue

## POISON MAZE #1

**Help Mellie and Zipper find their way home,  
and keep them safe from poisons on the way!**



**Find the words listed below hidden in the puzzle. Circle the words when you find them. Keep poisons locked up!**

Q	Y	G	H	P	E	S	T	I	C	I	D	E	S	I	C
U	E	A	W	N	R	J	O	R	P	N	J	C	F	H	P
E	Q	B	S	T	C	U	D	O	R	P	O	W	E	M	O
S	T	D	F	S	C	A	I	T	R	S	G	M	X	E	I
T	X	G	I	Y	I	V	C	V	M	K	I	W	H	D	S
I	B	A	P	P	H	S	W	E	T	C	J	D	S	I	O
O	G	N	L	O	Y	F	T	M	A	V	P	A	N	C	N
N	T	E	X	F	I	I	U	L	G	R	H	N	R	I	C
S	H	L	D	N	C	S	W	U	I	M	O	G	K	N	O
F	H	C	Y	S	H	K	O	D	P	E	W	E	U	E	N
T	R	I	E	R	S	R	P	N	T	R	I	R	T	S	T
R	P	U	O	T	O	G	D	R	S	H	U	O	C	O	R
I	Z	O	G	I	G	I	S	P	X	W	J	U	V	K	O
I	M	C	Z	A	R	F	N	U	P	G	F	S	W	F	L
E	M	E	R	G	E	N	C	Y	F	L	R	D	Y	V	C
D	A	T	I	R	G	U	H	X	E	S	A	C	S	I	E
R	K	P	B	L	E	A	C	H	U	J	F	N	N	Q	N
E	U	N	W	B	E	O	G	D	L	E	N	X	T	H	T
S	N	L	O	O	K	A	L	I	K	E	W	W	M	S	E
B	I	L	L	I	E	S	L	L	A	B	H	T	O	M	R

PLANTS  
DANGEROUS  
EMERGENCY  
POISON CONTROL  
CENTER  
BLEACH  
PRODUCTS  
COSMETICS  
MUSHROOM  
MEDICINES  
MOTHBALLS  
QUESTIONS  
PESTICIDES  
POISON  
ASSIST  
LOOKALIKE



[www.upstatepoison.org](http://www.upstatepoison.org)

# Poisonous

# vowels

Using only vowels (a,e,i,o,u), fill in the blanks to form "POISONS".  
Remember, good products become "bad" if you do not follow  
label directions.

m \_ \_ d \_ \_ c \_ \_ n \_ \_

pl \_ \_ nts

c \_ \_ sm \_ \_ t \_ \_ cs

m \_ \_ thw \_ \_ sh

v \_ \_ t \_ \_ m \_ \_ ns

\_ \_ y \_ \_ dr \_ \_ ps



## Word Bank

stay  
prevented  
medicines  
keep  
eat  
always  
touch  
unintentional  
plants  
never



*Fill in the blanks using words from the word bank.*

1. \_\_\_\_\_ call medicine candy.
2. \_\_\_\_\_ ask before taking vitamins.
3. \_\_\_\_\_ away from poisons.
4. \_\_\_\_\_ can also make well people sick.
5. Do not \_\_\_\_\_ or \_\_\_\_\_ chemicals.
6. \_\_\_\_\_ can be poisonous to you and your pet.
7. Most poisonings are \_\_\_\_\_, they can be \_\_\_\_\_.
8. \_\_\_\_\_ the phone number of the poison center near your phone.