

# Safe medicines and vitamins storage information



## **Here's a few tips on keeping your medicines or vitamins safe:**

- Always store medicine in a safe place that is too high for young children to reach or see, a high lockable cupboard in a cool dry place is ideal.
- Never leave medicines or vitamins out on a kitchen side or table or at a sick child's bedside, even if you have to give the medicine again in a few hours.
- Always relock the safety cap on a medicine bottle. If it has a locking cap that turns, twist it until you hear the 'click' or until you can't twist anymore.
- Please use any of the safety equipment provided for you, for example a locking cupboard.
- Some medicines need to be kept in the fridge. It will be written on the label, box or information leaflet. Keep them out of sight.
- Always read the storage and handling information that comes with the medicine.
- It is best to keep medicines in the original packaging and with the patient information provided.
- Regularly check the expiry dates on medicines. The expiry date will be shown on the box, bottle or blister/strip. Never use a medicine after it has expired.
- When you want to dispose of unwanted medicines and vitamins please take them back to the pharmacy.
- Remind guests about medicine safety, any medicines they keep in bag or coat, please ask them to keep them safe.

***Keep medicines and vitamins out of reach and out of sight.***

***If you have any questions please contact your pharmacy.***

***If you have any concerns contact: 111 for advice or 999 in an emergency.***