

Top tips on keeping children safe from your drugs

- If you have children, talk to them about the dangers of taking any medication that is not prescribed to them.
- Keep medicines out of sight and reach of children.
- Avoid taking your methadone or any other drug in front of them.
- Make sure your pharmacist gives you bottles with a child-resistant cap.
- Never store your methadone in anything other than the container provided.
- Always return any leftover medicines to the chemist.
- Even 'empty' bottles may contain some traces of medication which can be a risk to children. Once the bottle is finished make sure it is thoroughly rinsed before you dispose of it.

Remember

Never give your baby or child methadone, alcohol or any other drug, even if you are trying to soothe them or help them sleep.

Even a tiny amount of these substances can be extremely harmful and potentially even fatal to children.

If you are having difficulty settling your baby, additional advice and support is available from your local health visiting team.

If you think your child has taken methadone or any other drug, call 999 immediately.

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Keeping children safe

If you use methadone, alcohol or other drugs, it is vital you know how to keep children safe and away from these substances.

This leaflet is a guide to keeping your drugs out of children's reach. Please read it carefully.





Keep children out of harm's way

All medications, drugs and alcohol can be dangerous to children. Over half of all child poisoning cases arise as a result of children swallowing medication or other drugs.

Keep all your medication, illicit drugs and equipment locked away, out of sight and out of reach of children. We can provide you with a safe storage box. Please speak to your drug worker if you do not already have one.

Methadone can kill

Children have no tolerance to methadone. Therefore, even a very small amount of the drug can kill them.

If a child ingests methadone, it can cause them to stop breathing and vomit. If the child is unconscious, they could choke on their saliva or vomit. If you think a child has taken methadone, **call 999 immediately**.

Where should I store my methadone?

Safe storage of methadone = safe children

Your methadone must be stored somewhere safe, out of reach of children to ensure their safety.

Keep your methadone in a locked cupboard.

Never store your methadone:

- In low cupboards
- In shopping bags
- In the fridge
- Under the bed
- In the bathroom
- In a car glove-box

Safe sleeping

For babies up to six months old, the safest place for them to sleep is in a cot in the same room as a parent. Always place your baby on his/her back at the bottom end of the cot. Avoid using too many blankets as this could cause the baby to overheat.

Please do not bed-share and never put yourself in a position where there is a chance you may fall asleep on a chair or sofa with a baby. This can be even more dangerous than bed-sharing.