

## REMEMBER

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, please contact your public health nurse or GP.

## TOP TIPS

### ON KEEPING CHILDREN SAFE FROM YOUR DRUGS

- Keep medicines, drugs and alcohol out of sight and reach of children.
- Talk to your children about the dangers of taking medication that is not prescribed to them.
- 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 pharmacist.
- Even 'empty' bottles may contain some traces of medication which can be a risk to children.

**IF YOU THINK YOUR CHILD HAS TAKEN METHADONE OR MEDICATION THEY NEED IMMEDIATE MEDICAL ATTENTION, CALL 999/112 IMMEDIATELY**

### CONTACTS:

- [www.drugs.ie](http://www.drugs.ie)
- [www.poisons.ie](http://www.poisons.ie)
- National Poisons Information centre of Ireland: 01 809 2166
- Emergency contact: 999 / 112
- HSE Drug and Alcohol Helpline: 1800 459 459

# CHILDREN & METHADONE

## How safe are yours?



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.

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## KEEP CHILDREN OUT OF HARM'S WAY

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

Keep all your medication, illicit/illegal drugs, alcohol and equipment out of reach of children in a locked cupboard or safe storage box



## METHADONE CAN KILL

Children have no tolerance to methadone. Even a very small amount can kill them.

If your child swallows methadone, they could be sick, choke on their vomit and lose consciousness, and/or stop breathing.

**ALWAYS ring 999/112 if you think a child has taken methadone.**

## WHERE SHOULD I STORE MY METHADONE AND OTHER MEDICATION?



### REMEMBER - Safe storage of methadone

Your methadone or medication can look very inviting to a child. It must be stored safely. It should be locked away in a cupboard or box that your child cannot reach.



## HOW TO STORE YOUR METHADONE AT HOME

Check your home to make sure methadone is stored safely and out of children's reach.

If you have problems with storing your methadone and medication safely please talk to your doctor, pharmacist or health care provider.

### POISON PROOF YOUR HOME

**DO** store your methadone

- Keep methadone out of reach and out of sight of children
- Always use a locked cupboard keep the key safe
- Use containers with safety caps but remember these are child-resistant, not child-proof.
- Teach children to always ask the adult minding them if something is safe to eat or drink