



Helping your child feel better while avoiding side effects is important. Both medicine and other methods can help with pain. Follow the doctor's directions when giving medicine.

## STORING AND GIVING MEDICINE SAFELY

- Keep all medicine locked up and away from kids and teens.
- Never share your child's medicine with other people.
- Get the correct amount ready before giving it to your child.
- Watch your child take the medicine to make sure it's taken the right way.



## HOW TO USE NALOXONE NASAL SPRAY

Naloxone is a medicine that can help someone who has taken too much of an opioid. It is sprayed into the nose.

### SIGNS OF AN OVERDOSE

- Won't wake up
- Slow or no breathing
- Pale or blue-colored skin

Naloxone is very safe. If someone gets it but is not having an overdose, it usually won't hurt them.

Parents should know that a child waking up from an overdose might feel pain or be upset.

### STEPS TO HELP

- Spray naloxone into one nostril.
- Call 911 right away.
- Lay the child on their side to prevent choking.
- Try to keep them awake and breathing until help arrives.

### YOU CAN GET NALOXONE

- With a prescription from your doctor or pharmacist (*insurance often covers it*).
- Over the counter at big drugstores or online.
- Free from some clinics and community groups.



## PAIN MANAGEMENT TIPS

### SAFE MEDICINE DISPOSAL

Don't keep old or unused medicine.



### BEST WAYS TO GET RID OF MEDICINE



#### OPTION 1

Take it to a local drug take-back site.



#### OPTION 2

If that's not possible, some strong pain medicines like opioids can be flushed down the toilet.

### IF FLUSHING IS NOT OKAY



- Mix the medicine with dirt, cat litter, or used coffee grounds.
- Put the mix in a sealed container.
- Throw it away in the trash.
- Before tossing the bottle, scratch off or remove your personal info.