Medication Safety Checklist

Before every dose, check first.

Keep this page on your fridge where everyone can see it.

Every situation is different.

Parents and caregivers should consult a health care professional before administering medication, especially will young child and infants. Always follow the specific directions provided for that child and medication.

USE WITH THE MEDICATION TRACKER ON PAGE 2

BEFORE YOU GIVE MEDICINE

- ☐ **Read the label every time.** FDA / CDC
  Check the active ingredient, directions, warnings, how much to give, and how long to wait before another dose.
- ☐ **Check the active ingredient.** FDA / CDC
  Do not give two medicines with the same active ingredient. Never use more than one acetaminophen-containing product at a time.
- ☐ **Confirm the dose - never guess.** FDA / CDC
  If the directions are unclear or you are unsure how much to give your child, ask a doctor or pharmacist before giving the medicine.
- ☐ **Check the last dose.** FDA + TRACKER
  Confirm how long the label says to wait between doses, then check the Medication Tracker so you know what was already given when.

WHEN YOU GIVE LIQUID MEDICINE

- ☐ **Measure liquid medicine with the right tool.** FDA / FDA
  Use the dosing syringe, cup, dropper, or other device that comes with the medicine. Never use a household teaspoon or tablespoon.
- ☐ **Follow the directions exactly.** AAP / FDA
  Do not give extra medicine or give it more often than the label or prescription directs.
- ☐ **Record the dose right away.** TRACKER
  Write the medication, dose, and time on the Medication Tracker so every caregiver has the same information.

AFTER THE DOSE

- ☐ **Close it and put it away.** AAP / CDC
  Secure the safety cap and return medicines, vitamins, supplements, and gummies to a safe place that children cannot reach or see.
- ☐ **Keep medicines in their original packaging.** AAP
  Store prescription and over-the-counter medicines and supplements in their original packages, preferably in a locked cabinet or container.
- ☐ **Never tell a child medicine is candy.** AAP
  Teach children that medicine is not candy and should only be taken when given by a trusted adult.

ACETAMINOPHEN DOUBLE-CHECK

Before giving another medicine, ask: Does this contain acetaminophen too?

Acetaminophen is found in hundreds of over-the-counter and prescription medicines. Using more than one acetaminophen-containing product at the same time can cause an accidental overdose. FDA

IF TOO MUCH MEDICINE MAY HAVE BEEN GIVEN

Call Poison Help right away: 1-800-222-1222 (U.S.).
If your child is unconscious, not breathing, or having seizures, call 911. AAP/ AMERICA'S POISON CENTERS

GUIDANCE SOURCES

AAP: American Academy of Pediatrics, Healthy Children.org. FDA: U.S. Food and Drug Administration.
CDC: Centers for Disease Control and Prevention. America's Poison Centers: Poison Help. Sources accessed August 10, 2026.
Educational resource only; it does not replace advice from your child's doctor, pharmacist, or other health care professional.

Medication Tracker

Name .....

Date	Medication	Reason	Dosage	Time Taken	Issue Resolved Yes / No	List Side Effects	Contains Acetaminophen		+ food consumed?	
							Yes	No	Yes	No

Do not take more than one medication containing acetaminophen. Access our website: https://catiescause.org.

BEFORE YOU NEED IT

- Save Poison Help in your phone: **1-800-222-1222**. CDC specifically recommends having the number readily available and calling even if you are not completely sure a child got into medicine.
- Make sure every caregiver knows where the tracker is and uses it.
- Know your child's current weight and keep it accessible. Many pediatric medications are dosed based on weight, and FDA specifically advises following the dosing directions for the particular product and contacting the child's health care professional when unsure.

SCAN BELOW FOR MORE INFORMATION

Dosing guidance + more medication-safety resources from Catie's Cause.

Dosing Guidelines
HealthyChildren.org





Catie's Cause Resources
catiescause.org

Keep this on your fridge and share it widely..