

Dear Parent or Guardian,

Today your child participated in a Generation Rx (GenRx) educational program where they learned about safe medication practices. We encourage you to continue these conversations at home by discussing the key messages your child engaged with and completing one or more action items within the family medication safety checklist.



Depending on the GenRx program, your child may have explored topics such as:

- **Ask trusted adults for help with medicine.**
A trusted adult is someone that makes children feel safe and shows they care for them. Your child may have identified trusted adults in their life – ask to see their list to ensure you approve of these individuals.
- **Only take medicine that is meant for you.**
Medicine is helpful but it can also be harmful if not taken correctly. Children discussed the importance of following medication instructions, not sharing medication, and only taking medication from a trusted adult.
- **Keep medicine in safe places.**
Medicine should be stored either locked away or up high and out of reach. Children discussed how medicine and candy may look similar but act differently in the body. This is one reason to always store medicine in its original container.

Family Medication Safety Checklist:

☐ **Identify trusted adults**

Work with your child to list trusted adults who can help them with their health and medication needs in different settings (home, school, neighborhood, etc.). Discuss why they are trustworthy.

☐ **Check medication storage**

Make sure all medications are either locked away or stored up high out of reach of children or pets. When traveling, consider a medication lock box. Always keep medication in their original containers.

☐ **Dispose of unused or expired medications**

Use community disposal programs to remove unused or expired medications from your home (<https://safe.pharmacy/drug-disposal/> or <https://www.dea.gov/takebackday>). Contact your local health department to see if drug deactivation pouches are available.

☐ **Create a personal medication record for yourself or others**

Keep track of the medications you or a family member uses by completing the Generation Rx Medication Record (visit www.GenerationRx.osu.edu for a free template). This list can be useful during health appointments.

☐ **Encourage your family, friends, and coworkers to use medications safely.**

Thank you for partnering with us!

Kelsey Schmuhl, PharmD
Director, Generation Rx

