

KEEP YOUR METHADONE SAFE

**Children must be kept safe from methadone.
Even a very small amount can kill them.**

- ◆ Put your methadone away as soon as you get home – a locked cupboard is best.
- ◆ If there is nowhere with a lock then make sure it is kept somewhere high up where it can't be reached by climbing.
- ◆ It's not just children - anyone not used to opiates is at risk.
- ◆ If methadone is out of sight and out of reach there is less chance of it falling into the wrong hands.

STORING YOUR METHADONE

Make sure your pharmacist gives you your methadone in a bottle with a child-resistant cap. These help keep your methadone safe, but even small children can open them!

- ◆ Never put your methadone in a different container to the one provided.
- ◆ Do not leave methadone in the fridge, under the bed or in a car glove box.
- ◆ Don't leave it in a coat pocket, or bag, even for a few minutes, when you get home.

WHEN YOU TAKE YOUR METHADONE

Your pharmacist should provide you with a measuring container so you pour exactly the right dose.

- ◆ Make sure this is thoroughly washed immediately after use.
- ◆ Put the methadone away straight after use and do not leave it on a table or work surface.
- ◆ If you accidentally spill your methadone clear it up immediately. Wash any cloth, or safely dispose of any paper towels you use for cleaning up. Just putting them in the bin could mean children are at risk.

THE DANGER

If a child takes methadone it can kill them because they stop breathing, vomit and choke on their saliva or vomit because they can't swallow while unconscious.

- ◆ If you think someone has overdosed on methadone call an ambulance straight away.