

COUGH AND COLD GUIDELINES FOR CHILDREN

ASK

The American Academy of Pediatrics recommends not giving any over-the-counter (OTC) cough and cold medicine to children under the age of four. Children between 4 and 6 years of age should only be given OTC cough and cold medication if recommended by the child's doctor. These medications can cause side effects that include difficulty breathing, dizziness, increase heart rate, and high blood pressure.

SAFE DOSING

When your child is old enough to take cough and cold medications:

- Don't give medication that is meant for adults.
- If you do not understand the dosing directions or how to use the measuring tool do not use the medication.
- Using a regular kitchen spoon can result in giving up to three times too much medication.
- Acetaminophen is often used to reduce fever in cold medications. Avoid using multiple products containing acetaminophen to avoid an overdose.



CALL US

If you have questions about over-the-counter cough and cold medications call **1-800-222-1222**. Specially trained pharmacists and nurses are available 24/7 to answer your questions or assist you with an emergency.

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