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COUGH AND COLD MEDICATIONS Over-The-Counter (OTC)

For many years over-the-counter (OTC) medications have been used safely to treat coughs and colds in adults. But even though studies were not done in children younger than 12 years old, these same medicines were made into cough and cold products for children. In the past 37 years, there have been over 100 deaths related to these medicines not being used properly. Most of the deaths were in children under 2 years old. OTC cough and cold medicines also caused over 1500 emergency room visits for children in the past 2 years.

The companies that make products like Dimetapp®, PediaCare®, and Triaminic® have chosen to pull their products from store shelves. All of these products **have more than one kind of medicine, and were intended for use in children under 6 years of age.** Decongestants (dee-con-JESS-tants) and antihistamines (an-tie-HISS-tuh-meens) are two of the medicines that may be found in these products. The Food and Drug Administration (FDA) wants the drug companies to get information that tells if these medications work and are safe in children 2 to 6 years old. Then the FDA will decide if the medicines may go back on the market.

WHAT THE FDA AND AMERICAN ACADEMY OF PEDIATRICS (AAP) SAY

- Decongestants should not be used for children younger than 2 years of age.
- Antihistamines should not be used for children younger than 6 years of age.
- These medicines are **not safe** if:
 - Your child receives a dose that is too high for age and weight
 - The medicine is given too often
 - Your child receives more than one product that has the same medicine.
- These medicines may be used in children 6 years old and older.

The FDA also told the companies that cough and cold medicine labels may not say “consult your physician” for a dose for young children. All liquid cough and cold medicines should have the same type of cup or spoon to measure doses.

THE MEDICINES IN QUESTION

See if you have products containing any of these medications that were made for children younger than 6 years. If so, throw them away, or ask your doctor before giving them to your child.

| Generic Name | Class | Uses | A Few Typical Product Names |
|--|-------------------|--|---|
| Guafenisin | Expectorant | ‘Wet’ coughs/mucus | Mucinex®, Robitussin® |
| Dextromethorphan | Cough Suppressant | Reduce coughs | Robitussin®; anything with ‘DM’ in the name |
| Chlorpheniramine Brompheniramine Diphenhydramine | Antihistamine | Allergies, itchiness | Benadryl®, Chlor-Trimeton®, and MANY MORE |
| Phenylephrine Pseudoephedrine | Decongestant | Nasal stuffiness congestion or pain | Sudafed®, Sudafed PE®, Claritin D® |

WHAT YOU CAN DO FOR A COLD OR COUGH

- Have your child drink plenty of fluids, mainly water or flavored water. Limit fruit juice so your child does not develop diarrhea.
- Your child should get plenty of sleep.
- Use saline nasal spray and a bulb syringe to help congestion before eating or sleeping.
- Use a cool mist humidifier in your child's room. Do not use a warm humidifier; it can cause burns.
- Older children can gargle salt water (use table salt) to soothe a sore throat.
- Non-medicated lozenges for older children.

APPROVED MEDICATIONS

You may still use these medicines to help bring down a fever or help with aches and pains. Be sure to read the label and give the correct dose.

- Acetaminophen (a-SEET-uh-MIN-o-fin) (Children's/Infant's Tylenol®)
- Ibuprofen (eye-byoo-PRO-fen) (Children's or Infant's Motrin® or Advil®)

Do not give your child aspirin or products that contain aspirin.



Picture 1 Do not give your child products that contain aspirin.

WHEN TO CALL THE DOCTOR

Call your child's doctor if:

- Your child is hoarse, cannot talk, or complains of a sore throat
- Your child pulls their ears or rolls his head from side to side
- Your infant refuses to take liquids for 4 or more hours
- Fever over 103°F rectally, 102°F by mouth, or 101°F axillary (under the arm) that you cannot bring down after 1 or 2 days
- Child doesn't feel like playing or does not "act right"
- Your child's color changes to grayish blue or is very pale
- Sickness lasts more than 10 days

These Helping Hands are also available to help you care for your child:

- *Fever*, HH-I-105
- *Suctioning Nose with Bulb Syringe*, HH-II-24.
- *Temperature: Oral, Rectal and Axillary*, HH-II-27.

If you have any questions, be sure to ask your doctor or nurse, or call _____