

# WAIT! Before you reach for that cough and cold medicine...



**Did you know that the makers of children's over the counter cough and cold medicines are changing the recommended age for dosing?**



Labels will soon read, "do not use" in children UNDER 4. Members of the CHPA (Consumer Healthcare Product Association) have volunteered to change their labels, hoping to prevent and reduce the misuse of these products.

## TIPS FOR PARENTS & CAREGIVERS

- Don't give children adult cough and cold medicines.
- Talk to your health professional before giving children any cough and cold medicines.
- Choose child-resistant safety caps.
- Never give two or more medicines if they contain the same ingredients.
- Follow the directions on the label. If there are no directions for the child's age and weight, call your health professional for advice.
- Use the measuring device that comes with the medicine.
- Understand that cough and cold medicines only treat the symptoms.



**Call Carolinas Poison Center for more information: 1-800-222-1222.**

