



Children'sSM
Healthcare of Atlanta

Treating symptoms of flu

Patient and family education

Do's and don'ts when treating symptoms of flu

DO

- Do use children's ibuprofen (Motrin/Advil or another equivalent store brand).

OR

- Do use acetaminophen (Tylenol or another equivalent store brand).

Make sure you use the right amount of medicine for your child's weight. Read the product label to see the appropriate dose of medicine and how frequently it should be given. If you have questions about dosage, check with your pharmacist or pediatrician on how much medicine to give.

Either ibuprofen **or** acetaminophen can be used to help reduce fever and ease body aches and pain. The two medicines should **not** be combined without direction from a healthcare professional.

DO NOT

- Do not give ibuprofen to babies younger than 6 months of age without a doctor's approval.
- Do not give acetaminophen to babies younger than 3 months of age without a doctor's approval.
- Do not give more than five doses of acetaminophen in a 24-hour period.
- Do not give your child aspirin or any products containing aspirin or salicylates. See full list below.

ATTENTION: Acetaminophen can be found in both Tylenol and in cold and cough medicines (such as Dayquil and Mucinex). Make sure that you are not giving your child too much acetaminophen by combining the two.

Too much acetaminophen can be fatal.

Do not give your child cough or cold medicines when also giving fever-reducing medicines, unless under the direction of your child's doctor. Cough and cold medicines do not work for flu, and some ingredients are not safe for children. In fact, coughing is a productive way to clear your child's lungs of the virus.

Do not use these medicines when your child may have flu

Do not use any aspirin or aspirin-containing products, including all brands and types of the following:

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| • Alka-Seltzer | • Doan's | • Kaopectate | • Vanquish |
| • Anacin | • Ecotrin | • Pamprin | |
| • Bayer | • Excedrin | • Pepto-Bismol | |
| • BC Powder | • Goody's | • St. Joseph's | |

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about the specific care of your child.

Keep all medicine out of the reach of children.



Visit choa.org/flu to learn more.