

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 less costly store brand).

OR

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

Either ibuprofen **or** acetaminophen can be used to help reduce fever and ease body aches and pain. Be sure to carefully follow directions on the medicine's package. If you have questions about dosage, check with your pharmacist or pediatrician on how much medicine to give.

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.

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.

Children's recommends that you do not give your child cough medicines. The Food and Drug Administration (FDA) advises that cough/cold medicines are not effective for treating coughs in children less than 6 years of age and have undesirable side effects. In fact, coughing is a productive way to clear your child's lungs of the virus.

Stay away from these medications when your child has 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 specific care of your child.

Keep all medicine out of the reach of children.