

## Don't Guess About Medicine

(NAPSA)—Guessing games are fun to play with your kids, but not when you're trying to give a sick child the right dose of medicine. **The Council on Family Health (CFH)** and the **U.S. Food and Drug Administration** are offering parents and caregivers 10 tips to take the guesswork out of giving medicine to children.

1. Read and follow the label directions every time. Pay special attention to usage directions and warnings. If you notice any new symptoms or unexpected side effects or the medicine doesn't appear to be working, talk to your doctor or pharmacist immediately.

2. Never guess on the amount. Half an adult dose may be more than your child needs or not enough to help.

3. Know these abbreviations: tablespoon (tbsp.), teaspoon (tsp.), milligram (mg.), milliliter (mL.) and ounce (oz.).

4. Avoid conversions. If the label says two teaspoons and you're using a dosing cup with ounces only, get the proper measuring device.

5. Don't play doctor. Twice the recommended dose is not appropriate just because your child seems twice as sick as last time.

6. Talk to your doctor, pharmacist or other health care professional before giving two medicines at the same time to avoid a possible overdose or an unwanted interaction.

7. Follow age and weight limit recommendations. If the label says don't give to children under a certain age or weight, don't. Call your doctor.

8. Use the child-resistant cap and re-lock the cap after each use.



**When giving medicine to children, always read and follow the label directions.**

Also, be especially careful with iron-containing vitamins or supplements, which have been a source of accidental poisoning in children under three.

9. Keep drugs and supplements out of the sight and reach of children.

10. Don't buy or use any medicine from a package that shows cuts, tears, slices or other imperfections.

You can learn more in the pamphlet, *Got a Sick Kid? Don't Guess. Read the Label*. It also includes the current U.S. childhood immunization schedule.

"When it comes to taking medicines, kids aren't just small adults. Always read the label to make sure you give your child the right medicine and the right amount," says CFH President Robert G. Donovan.

For a free copy of the pamphlet, visit [www.cfhinfo.org](http://www.cfhinfo.org) and [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov) or write: Federal Consumer Information Center, Item #507J, Pueblo, CO 81009.