

Safety Fact Sheet



The Utah Safety Council cares about your safety outside of the work setting. We offer resources that keep you and your loved ones safe at home, at play and on the go.

GOT A SICK KID?

Don't Guess. Read the Label. Make sure you're giving your children the right medicine and the right amount

When it comes to taking medicines, kids aren't just small adults. When using nonprescription medicines, here are 10 ways to be sure you're giving your children the right medicine and the right amount.

- 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 in your child or the medicine doesn't appear to be working, talk to your doctor or pharmacist immediately.
- Know how much medicine to give and when. Read and follow the label.
- Know the abbreviations for tablespoon (tbsp.) and teaspoon (tsp.). You should also know: milligram (mg.), milliliter (mL.), and ounce (oz.).
- Use the correct dosing device. If the label says two teaspoons and you're using a dosing cup with ounces only, don't guess - get the proper measuring device. Don't substitute another item, such as a kitchen spoon.
- Never play doctor. Twice the recommended dose is not appropriate just because your child seems twice as sick as last time. When in doubt about your child's condition, call your doctor.
- 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.
- Follow age and weight limit recommendations. If the label says don't give to children under a certain age or weight, don't do it. Call your doctor.
- Always use the child-resistant cap and re-lock the cap after each use. Be especially careful with iron-containing vitamins or supplements, which have been a source of accidental poisoning deaths in children under three.
- Follow the "KEEP OUT OF REACH" warning. Today's medicines are often flavored to mask the taste of the medicine, which is all the more reason to keep all drugs out of the sight and reach of children.
- Always check the package and the medicine itself for signs of tampering. Don't buy or use any medicine from a package that shows cuts, tears, slices, or other imperfections. Report anything suspicious to the pharmacist or store manager.

Source: FDA.gov