

It's that time of year again: cold and flu season. So let's take the opportunity to talk about the many over-the-counter (OTC) products and their safe usage.



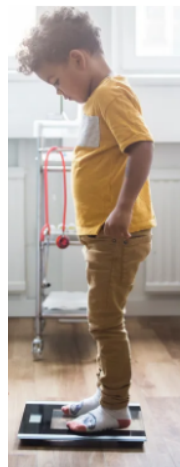
Key Messages

1. Right Product, right patient, right dosage and right measuring tool.



A. Especially for new parents/grandparents/babysitters/young teens

B. Knowing a child's weight



C. Having the right measuring cup

D. Identifying infant vs. child vs. adult products

E. Keeping track of when meds are administered, etc., can be a challenge



F. Read the label every time!

2. Single symptom products help reduce the likelihood of getting multiple doses of acetaminophen.

3. Store up and away all medications. Over the counter medications can be intentionally misused with dangerous consequences.



4. Avoid buying in bulk (ex: the giant bottle of acetaminophen)

5. Interactions with prescription or homeopathic products are possible. When a health care provider asks what medications you take, include over-the-counter and herbal products.



Questions? Call the Poison Center!

1-800-222-1222

**Wisconsin
Poison Center**

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