

Before You Try That Trend...



Learn the dangers of social media and who is at risk

Social media can have real-world consequences

Youth and teens are at greatest risk of being influenced by viral social media challenges and health misinformation.

Unfortunately, not all online information is accurate or safe.

Social media challenges often spread quickly because they are designed to get attention, views, and reactions. Not all challenges are safe, and some may encourage risky behaviors involving medicines or household products.

Before trying health advice or challenges seen online, verify the information with a trusted health care professional or organization.



Poison Centers can help people separate fact from fiction, respond to poisoning emergencies, and track emerging trends.

The Benadryl Challenge

Some social media challenges encourage dangerous misuse of Benadryl

What is Benadryl?

Benadryl contains diphenhydramine, a medicine found in many over-the-counter products including:

- Allergy medicine
- Sleep aids
- Cough and cold medicine
- Nighttime pain relievers

When used as directed, diphenhydramine can be safe and effective.

Taking too much can cause:

- Drowsiness
- Agitation
- Nausea or vomiting
- Hallucinations
- Seizures
- Dangerous heart rhythm problems
- Loss of consciousness

CONTACT

**Poison Help
24/7**



Phone Number

1-800-222-1222



Stay Safe

- Take medications only as directed
- Never take medicine because of a social media trend
- Benadryl is not recommended for daily, long-term use unless directed by a health care provider
- Contact your local Poison Center right away if you suspect misuse

Taking large amounts of Benadryl may lead to serious or life-threatening effects.