

# Dos And Don'ts With OTC Cold & Cough Medicines For Children



## Dos



- Try to avoid medications with multiple indications and pick the ones meant for only **your child's symptoms**.
- Use the **measuring device** provided with the package.
- Check for the **expiration dates on medicines** and store them out of children's reach.
- Ensure that your **child's caretakers** in school or home know about their medication.

## Dont's

- Don't give medications to a child below four years without **consulting a doctor**.
- Don't use formulations **containing Aspirin** for children.
- Don't give your child more than one OTC medication at a time. It **may cause an overdose**.
- Don't use cough and cold medicines **as sleeping aids** for children.
- Don't give children any formulation **labeled for use** in adults.
- Don't use OTC medicines for **prolonged periods**.



### References:

1. Use Caution When Giving Cough and Cold Products to Kids; FDA
2. Cough And Cold Medicine Over-The-Counter (OTC); Nationwide Children's
3. Children's OTC Cough & Cold Medicine: Dos and Don'ts; American Academy of Family Physicians
4. Child's Cough: Is No Medicine the Best Medicine?; Cedars Sinai
5. Children and colds; American Academy of Pediatrics