

Got a Sick Kid?

Don't Guess. Read the Label.

Make sure you're giving your children the right medicine and the right amount.



A message from the Council on Family Health and the U.S. Food and Drug Administration



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.



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 in your child or the medicine doesn't appear to be working, talk to your doctor or pharmacist immediately.
2. Know how much medicine to give and when. Read and follow the label.
3. Know the abbreviations for **tablespoon** (tbsp.) and **teaspoon** (tsp.). You should also know: milligram (mg.), milliliter (mL.), and ounce (oz.).
4. 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.
5. 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.
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 do it. Call your doctor.
8. 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.
9. 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.
10. 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.



Keep Your Child Healthy: Vaccinate

Recommended Childhood Immunization Schedule United States, 2003

Age Vaccine ▼	Range of recommended ages										Catch-up vaccination		Preadolescent assessment	
	Birth	1 mo	2 mos	4 mos	6 mos	12 mos	15 mos	18 mos	24 mos	4-6 yrs	11-12 yrs	13-18 yrs		
Hepatitis B	Hep B #1	only if mother HBsAg(+)											Hep B series	
Diphtheria, Tetanus, Pertussis		DTaP	DTaP	DTaP			DTaP			DTaP			Td	
Haemophilus influenzae Type b		Hib	Hib	Hib		Hib								
Inactivated Polio		IPV	IPV			IPV				IPV				
Measles, Mumps, Rubella						MMR #1				MMR #2			MMR #2	
Varicella						Varicella				Varicella				
Pneumococcal		PCV	PCV	PCV		PCV			PCV	PPV				
vaccines below this line are for selected populations														
Hepatitis A										Hepatitis A series				
Influenza										Influenza (yearly)				

Source: The Advisory Committee on Immunization Practices (www.cdc.gov/nip/acip), the American Academy of Pediatrics (www.aap.org) and the American Academy of Family Physicians (www.aafp.org) As of December 1, 2001

This chart shows the U.S. recommended immunization schedule for children. It lists currently licensed vaccines for children 18-years-old and younger, along with the recommended ages for vaccination. Any vaccination not given at the recommended age should be given at a later visit when appropriate. The black bar shows time frames for "catch-up" vaccines for children who fall behind or start their immunizations late. NOTE: Licensed combination vaccines may be used when appropriate and additional vaccines may be licensed and recommended during the year.

For more information or to check if a new schedule has been issued, talk to your pediatrician or visit the National Immunization Program web site at www.cdc.gov/nip. You can also call the National Immunization Hotline at (800) 232-2522 (English) or (800) 232-0233 (Spanish).



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