

Cough & Cold Medication Alert for Children Under Age 2



Children under age 2:

- should not be given any cough or cold medicine unless recommended by a health care provider.
- can suffer serious side effects from over the counter cough and cold medications.
- have been accidentally poisoned because they were given too much medicine.

There are no science-based recommended doses for children less than 2 years of age. There is no proof that these medicines reduce cough and cold symptoms in small children. Talk to your provider about safe choices, like using a humidifier or salt water drops to help your child feel better.

1. Check with your health care provider before you use any medication in small children, and use only as directed.
2. Be sure your health care provider knows if your child is taking any prescription or over-the-counter medications, vitamins, dietary or herbal supplements. Some may have the same or similar ingredients that could cause side effects or an overdose.
3. And remember, store all medicines out of reach of children, and never refer to any medicine as candy. For further information contact: Northern New England Poison Center at 1-800-222-1222.

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Northern New England Poison Center at
1-800-222-1222 or visit www.nnepc.org**



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org