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Re: Immediate Press Release

Fever reducing medication and children

There have been many questions and some confusion on when to give a child with a fever medication, which kind of medication can be given, and at what age. Whether your child has a fever from seasonal flu, H1N1 flu or another illness, it is important to understand what your options are. The following information is from the Center for Disease Control (CDC).

Warning! Do ***not*** give aspirin (acetylsalicylic acid) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. For more information about Reye's syndrome, visit the National Institute of Health website .

- Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin.
- Children 5 years of age and older and teenagers with the flu can take medicines ***without*** aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms.
- Children younger than 4 years of age should **NOT** be given over-the-counter cold medications without first speaking with a health care provider.
- The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.
- Fevers and aches can be treated with acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®, Nuprin®) or non-steroidal anti-inflammatory drugs (NSAIDS). Examples of these kinds of medications include:

Generic Name	Brand Name(s)
Acetaminophen	Tylenol®
Ibuprofen	Advil®, Motrin®, Nuprin®
Naproxen	Aleve

- Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. Importantly, these medications will not lessen how infectious a person is.
- Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications—don't double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

*http://www.cdc.gov/h1n1flu/guidance_homecare.htm

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