



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Tips for Giving Your Child Medicine

Children are not just small adults. Some medicines are not safe for young children. If a medicine is safe, the amount is very different from the amount adults need. Remember these tips whenever you give your child medicine:



ALWAYS TALK TO YOUR DOCTOR OR PHARMACIST TO MAKE SURE YOU KNOW:

- THE RIGHT MEDICINE TO GIVE
- HOW MUCH TO GIVE
- HOW OFTEN TO GIVE
- THE RIGHT TIME OF DAY TO GIVE



Tell your Doctor if you give your child any other medicine, herbal product, supplement or home remedies.



Give Medicine on time.

Give the right amount; no more, no less.

Use the right tool to measure each medicine.

Remember:

TBSP or T means tablespoon or 15 ml

Tsp or t means teaspoon or 5 ml

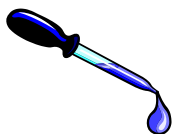
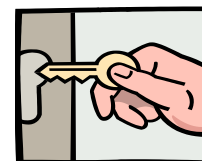


But NOT the ones you eat with.



Use the ones you measure with or the one that comes with the medicine.

Do not call medicine "candy" to get your child to take it. Always keep child-proof caps on medicine and locked in cabinet.



Do not stop too soon. Give all the medicine your doctor orders. Tell other adults who take care of your child how to give the medicine. Use a written record to avoid mistakes.

For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



Medicine has many benefits but it also has risks. If not used in the right way, both prescription and over-the-counter medicine can harm you. Using medicine in the wrong way may lead to more doctor visits, a longer illness, the need for a hospital admission, or even death.

About half of all Americans who use medicine do not use it the right way. The following tips will help you give your child medicine correctly.

- **Always Talk to Your Pharmacist and Doctor:** Make sure you understand how to give medicine to your child. This includes how much to give, how often to give it, and when to give it.
- **Be Sure Your Doctor Knows If Your Child Is Taking Any Other Medicine** – this includes any prescribed by another doctor, herbal products, supplements or home remedies. These substances can interact with many prescription medicines and those you have bought over-the-counter (OTCs).
- **Stick With the Schedule:** Prescription medicine needs to be given at the right times, to help your child get better. Do not skip a dose of your child's medicine. When you first get the medicine, ask your doctor or pharmacist what to do if a dose is not given on time.
- **Give the Right Amount:** Measure carefully. Do not increase the amount of medicine you give your child. More medicine does not help your child get better quicker, and may make him sicker. Children are not just small adults. Never guess how much to give your child based on his or her size. Follow the directions exactly for both prescription and over-the-counter medicines.
- **Know Your Child's Weight:** When giving over-the-counter medicine, check with your doctor to make sure you are giving the right medicine and the right amount. Know your child's weight. Age is not always an accurate measure of how much medicine your child should receive.
- **Use the Right Measuring Tool:** Different medicines come with different size cups, droppers or spoons. Use the measuring tool that comes with the medicine so you give the right amount.
- **Do Not Confuse the Measurement Abbreviations -- for tablespoon = TBSP or T = 15 ml, and teaspoon = tsp or t = 5 ml**
- **Avoid Making Changes:** If the label calls for 2 teaspoons and you have a measuring cup labeled only with ounces, do not use it. Use the right measuring tool.
- **Read the Label Carefully** -- before you open the bottle, after you measure the medicine, and again before you give it. This routine can ensure your child's safety.
- **Always Use Good Light:** Giving medicine in the dark increases the risk that you will give the wrong medicine or the wrong dose.
- **Supervise Your Children -- when they take any medicine:** Never let young children take medicine by themselves.
- **Always Check For Signs of Tampering--before using any medicine:** Do not use any new medicine from a package that has the seal broken, or any other cuts, tears or openings in it.
- **Do Not Stop Too Soon:** Your child should continue to take the prescription medicine for the number of days prescribed by your doctor, even if he or she begins to feel better. Do not stop giving the medicine because your child does not like the taste or does not want to take it.
- **Always Use Child-resistant Caps** -- and lock all medicine away from your child. Always put the safety cap back on tightly after use. Store Your Medicine in a Locked, Childproof Cabinet -- that is not located in the bathroom. Medicine stored in a bathroom cabinet can be changed by humidity/moisture.
- **Communicate with all adults who take care of your child** – Make sure mom and dad, babysitter, grandmother, child care provider or any other adult who take care of your child know when medicine is given. Use a written record to avoid mistakes.

NEVER Give Your Child Medicine Prescribed for Someone Else!

If someone has made a mistake with medicine, call the Illinois Poison Center at 1-800-222-1222 right away. Do not wait for the person to feel, look, or get sick.

Distributed by: