

Cough and Cold Medications for Children

In 2008 the FDA released recommendations regarding the use of over-the-counter (OTC) cough and cold medicines. The recommendation states that these products should not be used in children under 2 years of age. Later in the year another statement was released by the FDA supporting the Consumer Health Products Associations' (CHPA) voluntary decision to modify the "do not use" age to under 4 years old. The FDA has also expressed concern in using OTC medicines for the common cold in children between the ages of 2 and 6. Medicine labels will reflect either non-use in children under the age of 2 or non-use in children under the age of 4. This may be confusing to parents and caregivers.

To Avoid a Potential Problem, the NDSC Advises the Following:

- Follow the instructions on the label.
- If your child is between the ages of 2 and 6 years, consult with your physician before giving them OTC cough and cold medicines.
- Do not use two medicines at the same time that contain the same or similar ingredients.
- Never give medicine to a child that is intended for adult use.
- Use an accurate device to measure medicine dose.
- Keep all medicines locked up and out of the reach of children.

