

### Children's and infants' needs are different—and so are their medicines

Because it's more difficult to get medicine in an infant's mouth, infant medicines are more concentrated than children's—as much as three times more concentrated than children's formulas. So if you give infants' medicine to a child using anything other than the dropper that came with the product, you could risk giving too much.

Use the Fever Diary to help you keep track of dosage and how often your child gets medicine. [More](#)

### Use this guide to find the correct formula and dose for your child.

As stated on the label, we do not provide dosing instructions for children under two. You must talk to your doctor.

CHILD'S WEIGHT CHILD'S AGE	INFANTS' TYLENOL CONCENTRATED DROPS 80MG/0.8ML	CHILDREN'S TYLENOL SUSPENSION LIQUID 160MG/5ML	CHILDREN'S TYLENOL MELTAWAYS 80MG EACH	JR. TYLENOL MELTAWAYS 160 MG EACH
6-11 lbs 0-3 mos	<b>CONSULT YOUR CHILD'S DOCTOR</b>			
12-17 lbs 6-11 mos				
18-23 lbs 12-23 mos				
24-35 lbs 2-3 yrs	1.6 mL = 0.8 + 0.8 mL	1 TEASPOON	2 TABLETS	NOT RECOMMENDED
36-47 lbs 4-5 yrs	NOT RECOMMENDED	1 1/2 TEASPOONS	3 TABLETS	NOT RECOMMENDED
48-59 lbs 6-8 yrs	NOT RECOMMENDED	2 TEASPOONS	4 TABLETS	2 TABLETS
60-71 lbs 9-10 yrs	NOT RECOMMENDED	2 1/2 TEASPOONS	5 TABLETS	2 1/2 TABLETS
72-95 lbs 11 yrs	NOT RECOMMENDED	3 TEASPOONS	6 TABLETS	3 TABLETS
96+ lbs 12 yrs	NOT RECOMMENDED	NOT RECOMMENDED	NOT RECOMMENDED	4 TABLETS

## How to Give Medication Correctly

- Know your child's weight so that you can give the correct dose.
- Read the package instructions carefully. Not all medicines should be given at the same hourly intervals or in the same amount. Follow the package instructions and give the full amount of medicine that is labeled for your child.
- Always use the dropper, dosage cup, or other measuring device that comes with the medicine. Other items like kitchen teaspoons may not be accurate. Never use spoons, droppers, or cups that come with other medicines.
- Make sure you're giving the right formula for your child's weight and age. Infants' and children's medicines are specially formulated, so you need to change formulas as they grow older. Don't give infants' medicine to an older child, or children's medicine to an infant.
- Don't give medicine to a baby who is lying down; this could cause choking.

- Download our [Medication Record form](#) to keep track of the time and amount of each dose you give your child—this information will help your pediatrician or nurse if you need to call them.

If you have any questions about which form or dosage is most appropriate for your child, don't hesitate to talk to your pediatrician

## When Is a Fever Serious?

Fevers aren't usually serious, but occasionally they're a sign of a serious—and possibly dangerous—illness. Keep an eye out for these five symptoms, which could indicate a more serious problem when coupled with a fever:

- **Lethargy.** Your child has lost his appetite, has little energy, or is noticeably pale or flushed, or you notice other changes in his behavior and appearance.
- **Rash.** Your child has small, purple-red spots on his skin that don't turn white when you press on them, or large purple blotches.
- **Difficulty swallowing.** Your child is unable to swallow and is drooling excessively.
- **Difficulty breathing.** Your child has difficulty breathing even after you clear his nose with a bulb syringe.
- **Mood.** Your child seems delirious, glassy-eyed, or extremely cranky or irritable.

If you notice these symptoms with a fever, call your pediatrician right away.

In general, it's a good idea to check with your pediatrician if you feel uncomfortable about your child's appearance or behavior, no matter what his temperature is.

Remember, too, that fever is only one sign of illness. Be sure to mention symptoms such as a cough and ear pain (if you suspect it) or vomiting and diarrhea—these help your pediatrician make a diagnosis.

## How to Take Your Child's Temperature Accurately

Getting an exact temperature reading with a thermometer will help you and your pediatrician figure out the best way to get your child healthy again.

To measure your child's fever accurately, use:

- A rectal or tympanic (ear) thermometer for children less than 3 years old.
- A digital (not glass) oral thermometer for children over 3 years old.

Avoid:

Using an ear thermometer until your baby is at least 3 months old. It may not be accurate, because young infants have such narrow ear canals.

Temperature readings are different from different parts of the body (rectum, ear, mouth). Your child has a fever if her temperature is above:

- Rectal 100.4° F (38.0° C)
- Oral 99.5° F (37.5° C)
- Axillary (armpit) 98.6° F (37.0° C)
- Tympanic (ear) 100.0° F (37.8° C)

## How to Keep a Fever Down

Fever is a symptom—a sign that your child's body is fighting off an infection. Most fevers are caused by common childhood illnesses like colds, flu, ear infections, bronchitis, and tonsillitis.

Treating a fever is important, because if your child's temperature is too high, he'll be too uncomfortable to eat, drink, or sleep, and that makes it harder for him to get better. Using Children's Tylenol—with your pediatrician's go-ahead—will help lower a fever and make your child more comfortable while she gets better.

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You should monitor your child's temperature, appearance, and behavior periodically—keep an eye out for signs of a more serious illness—until she seems to be back to normal.

Keeping Your Child Comfortable with a Fever:

- If shivering, keep your child warm until the shivering stops.
- If not shivering, you can remove your child's warm clothes and encourage her to drink plenty of fluids.
- Keep your child rested, quiet, and comfortable in a cool room.
- Place a cool washcloth on your child's forehead or sponge her with tepid water. Make sure it's not cold—and stop if your child starts to shiver.
- Never use rubbing alcohol to cool your child's skin—the vapors are toxic and can be absorbed through the skin.

Fever-Lowering Medicine for Children:

When used as directed, Children's Tylenol is efficacious and has a superior safety profile.

The medicine should start to work in about 30 to 60 minutes. Use only as directed and follow the package instructions. If you have questions about medication for your child, ask your pediatrician or nurse.

## Keep Your Child Comfortable

A child with a cold should get lots of rest, which will help her body fight the virus, and keep her more comfortable. In addition, here are six ways to help your child cope with a cold:

- Give her plenty of fluids, which can help make nasal mucous thinner, relieve stuffy noses, and soothe sore throats.
- Use a cool mist vaporizer in your child's bedroom to reduce coughing, which often gets worse at night.
- Use a nasal aspirator (a syringe that sucks mucous from the nostrils) to relieve stuffy noses in smaller children and infants. Your pediatrician may suggest using both the aspirator and saline drops.
- Older toddlers can be taught to blow their noses.
- For smaller children, raise the head of the crib (with a book or pillow under the mattress) to ease congestion and coughing.
- Use Children's Tylenol Cold Daytime to relieve day symptoms and keep your child from being groggy during waking hours; since a good night's sleep is essential for recovery, use Children's Tylenol Cold Nighttime to relieve night symptoms and let her get the sleep she needs.

## What You Can Do to Help Your Child Feel Better

A child with the flu needs lots of bed rest to help his body fight the virus and recover from his symptoms. In addition, here are five things you can do to get your child through the flu:

- Give him extra fluids to keep hydrated (feverish children may get dehydrated by sweating).
- Light, easy-to-digest meals are best. Children with the flu are often not very hungry, but they need some nourishment for their body to fight the illness. Some examples are foods like rice, crackers, toast, soup, and bananas.
- A cool mist vaporizer in the bedroom will help relieve sore throat pain.
- Salt water nose drops and a humidifier help with nasal congestion.
- Over-the-counter medicines can help keep kids comfortable. Use Children's Tylenol Flu to relieve your child's flu symptoms.

## Ingredients

Dextromethorphan HBr is an antitussive (cough suppressant) that inhibits the cough reflex. It acts primarily

by depressing the cough center in the brain to reduce the frequency of the intensity of cough.

**Active Ingredient:** Dextromethorphan HBr  
(5 mg)

**Purpose:** Cough suppressant

### Directions

- Find the right dose on the chart below (if possible, use weight to dose; otherwise use age).
- Only use with enclosed measuring cup.
- If needed, repeat dose every 4 hours.
- Do not use more than 4 times within a 24-hour period.

Weight	Age	Dose (teaspoon)
Under 24 lbs	Under 2 years	Call a doctor
24-47 lbs	2-5 years	1 tsp or 5 mL
48-95 lbs	6-11 years	2 tsp or 10 mL