

## ASK YOUR PHARMACIST

Your pharmacist is your medication expert and can provide advice and information on a wide range of health issues.

# Your Child's Health

**The first year of a child's life can leave parents with many questions about their child's health. Your pharmacist is always available to answer questions and help you find ways to make your child more comfortable when he or she is not feeling well or has to take medicine.**

### As a parent, you can help your pharmacist by:

- ◆ Always tell your pharmacist about all the medicines your child is taking, including nonprescription medicines, vitamins and herbal products.
- ◆ Alert your pharmacist to any allergies or other health problems your child has.
- ◆ Never leave the pharmacy with questions about your child's medicine.
- ◆ Know your child's weight as many medicines are dosed by weight.
- ◆ Always check with the pharmacist before mixing any medicine with food or drink.
- ◆ Never pretend that medicine is candy.
- ◆ Always read the label for complete instructions and follow these carefully.

### When to Take Your Child to the Doctor

If you're unsure, your pharmacist can help you decide if it's safe to treat your child's symptoms yourself or if you should contact the doctor. As a general rule of thumb, call your doctor if your baby is under six months of age and has a fever, or if your child has a temperature over 39C (102F).

### Storing Your Medicines Safely

- ◆ Keep all medicines away from children (out of sight and reach).
- ◆ Keep your medicines in a cool place and away from heat and direct light (e.g., a box that can be locked or high on a shelf, not in your bathroom).
- ◆ Keep your medicines in the original labeled container and keep the cap closed.
- ◆ Do not store medicine with food or household products.
- ◆ Clean out your medicine cabinet and take old medicines back to your pharmacy for safe disposal.
- ◆ Don't throw medicine in the garbage — children or animals may get into it.



### Your Medicine Cabinet

You should keep these basic items at home to help you care for your child:

- ◆ Medicine spoon or oral liquid syringe
- ◆ Thermometer
- ◆ Pain and fever relievers (acetaminophen or ibuprofen, NOT Aspirin or ASA)
- ◆ DM (dextromethorphan) syrup for dry cough; check with your pharmacist or doctor before giving to children under two
- ◆ Diphenhydramine (Benadryl) for allergic reactions and itching rashes
- ◆ Dimenhydrinate (Gravol) for nausea and vomiting
- ◆ Petroleum jelly and diaper rash ointment
- ◆ Saline nose drops to help loosen nasal mucus in infants
- ◆ Calamine lotion
- ◆ Rubbing alcohol to clean thermometers and tweezers — do not use for rubdowns to reduce fever
- ◆ Cotton swabs and balls
- ◆ Antibiotic ointment and adhesive bandages