

Health News You Can Use



Double Check, Don't Double Up!

(NAPSA)—It's cold and flu season, and the Acetaminophen Awareness Coalition is urging consumers to double check their medicine labels so they don't double up on medicines containing acetaminophen.

Americans catch an estimated 1 billion colds annually, and many use over-the-counter medicines to treat cold and flu symptoms. To ensure safe use of acetaminophen:

- Know if your medicine contains acetaminophen. The word "acetaminophen" is in bold type or highlighted in the "active ingredients" section on over-the-counter medicine labels. It may be listed as "APAP" or "acetam" on prescription labels.

Drug Facts

Active ingredient (in each tablet)	Purpose
Acetaminophen 500 mg	Pain reliever/fever reducer

Uses • temporarily relieves minor aches and pains due to: • headache
• muscular aches • backache • minor pain of arthritis • toothache
• the common cold • premenstrual and menstrual cramps • temporarily reduces fever

Warnings

Liver warning: This product contains acetaminophen. Severe liver damage may occur if you take
• more than 8 tablets in 24 hours, which is the maximum daily amount
• with other drugs containing acetaminophen
• 3 or more alcoholic drinks every day while using this product



Found in more than 600 different medicines, acetaminophen is safe and effective when used as directed.

- Never take two medicines that contain acetaminophen at the same time.

- Always read and follow the medicine label.

- Ask a healthcare provider or pharmacist if you have any questions.

Acetaminophen is in more than 600 medicines. It is safe and effective when used as directed but taking more than directed is an overdose and can cause liver damage. Remember to *Double Check, Don't Double Up!*

For more information, visit www.KnowYourDose.org.