

Medication Safety Tips For Cold & Flu Season

(NAPSA)—Every year, more than 126,000 hospitalizations and 17,000 deaths in the U.S. are due to overdose or overuse of acetaminophen and NSAIDs, which are present in many prescription or over-the-counter pain medications.

Acetaminophen, which is an active ingredient in brands such as Tylenol® and NyQuil®, is safe when taken as recommended, but can lead to liver damage when taken in excess. NSAIDs, which are a class of pain-relieving drugs that include brands such as Advil®, Motrin® and aspirin, can cause stomach damage when overused.

Acetaminophen

NSAIDs



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During cold and flu season, misuse of OTC medicine can be common because people may be treating multiple symptoms—especially people taking medicines for chronic pain. It is important that you read medicine labels and only take one product at a time that contains the same active ingredient, even if it is for different ailments. For example, if you take Tylenol® for a headache and at the same time take Theraflu® for a cold, you are actually doubling up on acetaminophen, which can be harmful.

Gut Check: Know Your Medicine, a campaign from the American Gastroenterological Association, aims to educate consumers about medication safety. Learn more at www.GutCheckFacts.org.