

To help lessen flu symptoms: Medicine

How do I treat fever & aches?

Use acetaminophen or ibuprofen or nonsteroidal anti-inflammatory drugs (NSAIDs).

- acetaminophen is the generic form of Tylenol®
- ibuprofen is the generic form of Advil®, Motrin®, Nuprin®
- naproxen is the generic form of Aleve

In persons 6 years old and older, use over-the-counter cold and flu medicine following the package instructions. It may help lessen some symptoms such as cough and congestion.

Check labels to see if medicine already has acetaminophen or ibuprofen – do not double dose!

Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDs.

Medicine will not stop a person from spreading the flu!

What about aspirin?

Do **not** give aspirin (acetylsalicylic acid) to anybody less than 20 years old that has the flu.

Check labels on over-the-counter cold and flu medications to see if they have aspirin.



What about medicine for children?

Children under 6 should **not** use any over-the-counter cough and cold medications. They can take straight acetaminophen or ibuprofen.

Children under 4 should **not** take any over-the-counter medicine without first speaking with a health care provider.

The safest care for children under 2 years old is using a cool-mist humidifier and a suction bulb to clear away mucus.

What are anti-virals?

Anti-viral medicine may help lessen flu symptoms, but you need a prescription. Anti-viral medicine might help some people, such as persons at high risk for severe flu complications or people who are hospitalized due to flu.

Reference:

<http://www.cdc.gov/h1n1flu/>