

Dear PARENTS and CAREGIVERS,

WE ALL SPREAD GERMS without even being aware of it. The makers of *Children's Tylenol*® have provided a program called *Be A Germ Stopper!* to promote good health habits in school and at home. Participating in these activities reinforces the work your child is doing at school and helps your family stay healthy.

Make your home a healthy haven—

- Practice good hand washing regularly.
- Don't share hand towels, utensils or toothbrushes, or drink from the same glass.
- Clean the table and counters before and after cooking or eating.
- Eat healthy foods.
- Get the right amount of exercise and sleep.



What do I do when my child has a fever?

Fever is a sign that your child's body is fighting off a cold, the flu, an ear infection, bronchitis, or tonsillitis. Take these steps:

- ✓ Have your child wear lightweight clothing so the body can cool down.
- ✓ Make sure your child gets plenty of fluids and rest.
- ✓ Place a cool—not cold—washcloth on your child's forehead for short periods of time.
- ✓ Never use rubbing alcohol to cool the skin. This can be toxic!
- ✓ Give an appropriate dose of a children's fever reducer, such as *Children's Tylenol*, if directed by your pediatrician.

Talk to your pediatrician about when to give medicine and how much to give when a fever occurs.

Where can you go if you have more questions? The *Children's Tylenol* Web site, www.tylenol.com and www.tylenolespanol.com, is a great resource. It has information on what to do about colds and fevers, as well as articles on a variety of symptoms and conditions that affect children and adults.

Are you prepared for bad germs?

Be prepared when illness strikes. Take a quick inventory of your medicine cabinet with this checklist:

- Check expiration dates on medicines, and throw out any that are old. Use the money-saving coupon below to re-stock your medicine cabinet now so you will be prepared.
- Infants, preschoolers, and school-age children may need different medicines. Ask your pediatrician which medicines are right for your kids.
- Do you have a variety of medicines to treat symptoms of fever, cough, or colds?
- Do you know the appropriate dose of medication for each child in your family? If you are unsure, check www.tylenol.com and www.tylenolespanol.com for dosages of *Children's Tylenol* or check with your pediatrician.
- Make sure you have non-glass thermometers. If you have glass thermometers containing mercury, contact your community health practitioner about proper disposal of it.



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