Thank you for downloading this valuable information. If you would like to see something in particular included in this package, please let us know via email at nrsf@ReyesSyndrome.org.

**New List of Resources:**

- [www.ReyesSyndrome.Org/literature.html](http://www.ReyesSyndrome.Org/literature.html) = This page contains even more literature that you can download and use freely.

- reyessyndrome.wordpress.com = This blog contains many helpful articles that you can copy and paste and use to promote awareness about a variety of issues such as flu, chicken pox, herbal use dangers, and so on.


- [http://reyessyndrome.org/news.html](http://http://reyessyndrome.org/news.html) = Here you will find NRSF newsletters. Articles from these newsletters can be used in your newsletters, as long as content is not changed and the NRSF is credited. If you would like to receive our bi-annual newsletter, email your address to nrsf@ReyesSyndrome.org. You can sign up for monthly RS informative e-letters on our website main page, also.

- [www.youtube.com/user/ReyesSyndrome](http://www.youtube.com/user/ReyesSyndrome) We now have a Youtube Channel with various Reye's Syndrome information videos. Feel free to embed any useful videos on your school websites, and remember to give them a link back to the Reye's Syndrome website at www.reyessyndrome.org for more information.

We have included wallet size “Ingredients to Avoid” cards that you can print and distribute. These cards are made to slip into wallets or purses to take along while shopping for children’s medications.

As new materials come available, we will include them in this package, so check the website often. If you are planning a health fair, or fundraiser, contact us, we may be able to supply bookmarks, brochures, or other awareness items.

We thank you for your assistance and partnership in spreading this awareness material. Use this material as you see the need, we only ask that you do not change the content.

**Thank You!**
REYE’S SYNDROME

Reye’s Syndrome is a very serious disease that you should know about. Some people develop Reye’s Syndrome as they are getting over a viral illness, such as the flu or chicken pox. Reye’s Syndrome usually affects people from infancy through young adulthood; however, no age group is immune. Although Reye’s generally occurs when someone is recovering from any viral illness, it can develop 3 to 5 days after the onset of the illness. Its main targets are the liver and brain, it is not contagious, and too often is misdiagnosed as encephalitis, meningitis, diabetes, poisoning, drug overdose, or sudden infant death.

Early diagnosis is crucial. An individual should be watched during the next 2 to 3 weeks following a viral illness for these symptoms, usually occurring in this order:

* Relentless or continuous vomiting
* Listlessness (loss of pep and energy with little interest in their environment)
* Drowsiness (excessive sleepiness)
* Personality change (such as irritability, slurred speech, sensitivity to touch)
* Disorientation or confusion (unable to identify whereabouts, family members or answer questions)
* Combativeness (striking out at those trying to help them)
* Delirium, convulsions or loss of consciousness

Reye’s Syndrome should be suspected in anyone who vomits repeatedly. Phone your doctor immediately if these symptoms develop. Voice your concern about Reye’s Syndrome. If your physician is unavailable, take the person to an Emergency Room promptly. Two liver function tests (SGOT, SGPT) can be done to determine the possibility of Reye’s Syndrome. There is a 90% chance of recovery when the syndrome is treated in its earliest stages by physicians and nurses experienced in the treatment of Reye’s.

Studies have shown that using aspirin or aspirin-containing medications to treat the symptoms of viral illnesses increases the chance of developing Reye’s Syndrome. If you or a member of your family have a viral illness, do not use aspirin or aspirin-containing medications. In fact, you should consult your physician before you take any drugs, particularly aspirin or anti-nausea medicines, to treat flu, chicken pox or any viral illness. Anti nausea medicines may mask the symptoms of Reye’s Syndrome.

The National Reye’s Syndrome Foundation (NRSF), the U.S. Surgeon General, the Food and Drug Administration and the Centers for Disease Control and Prevention recommend that aspirin and combination products containing aspirin not be taken by anyone under 19 years of age during fever-causing illnesses.

Aspirin is part of the salicylate family of medicines. Another name for aspirin is acetylsalicylate; some drug labels may use the words acetylsalicylate, acetylsalicylic acid, salicylic acid, salicylate, etc., instead of the word aspirin. Currently, there is no conclusive data as to whether other forms of salicylates are associated with the development of Reye’s Syndrome. Until further research has answered this question, the NRSF recommends that products containing any of these substances not be taken during episodes of viral infections.

The NRSF is a non-profit, tax-exempt organization with affiliates located in 50 states. The NRSF has pioneered the movement to disseminate knowledge about the disease in an effort to aid in early diagnosis and also provides funds for research into the cause, cure, care, treatment and prevention of Reye’s Syndrome.

For additional information, please contact:
National Reye’s Syndrome Foundation
426 N. Lewis Street
PO Box 829
Bryan, OH 43506-0829

Phone: 1-800-233-7393
E-Mail: nrsf@reyessyndrome.org

Web: www.reyessyndrome.org
reyessyndrome.wordpress.com

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PIENSE EN LA ENFERMEDAD  
SINDROME DE REYE  
(REYE'S SYNDROME)! ALERTA

Tanto la gripe como enfermedades similares a ella ocurren con frecuencia durante los meses de invierno. La gripe es causada por un virus y merece atencion especial porque se asocia a una enfermedad infantil a veces mortal, el sindrome de Reye. Este afecta a ninos desde la lactancia hasta aproximadamente los 19 anos pero ninguna edad es inmune y puede aparecer de 3 a 5 dias del comienzo de la varicela, un resfriado y otras infecciones virales. El sindrome de Reye afecta al cerebro e higado, no es contagioso y a veces se confunde con la meningitis, encefalitis, diabetes, envenenamientos, sobredosis de medicinas o la muerta repentina del lactante (sudden infant death syndrome). Estudios recientes han demostrado una conexión entre el uso de aspirina y el desarrollo del Sindrome de Reye.

Despues de mejorar de una infeccion viral, los sintomas que se describen a continuacion deben tomarse seriamente, y como primeros indicios del sindrome de Reye. Consulte con su medico antes de dar aspirina a su nino, ya que el uso de aspirina esta probablemente asociado a esta enfermedad, o medicinas contra las nauseas, ya que pueden ocultar los primeros sintomas en el siguiente orden:

* vomitos persistentes y continuos  
* somnolencia, sopor  
* cambios de personalidad (nino irritable o comabativo)  
* desorientacion (no reconoce donde esta o a sus familiares)  
* delirio, convulsiones, inconscience

La vida del nino depende del diagnostico inmediato de esta enfermedad. Ella debe sospecharse en todo nino con varicela que vomita frecuentemente. Llame a su medico de inmediato si observa estos sintomas y digale que el nino puede tener el sindrome de Reye. Si no puede comunicarse con su medico, lleve al nino al servicio de urgencia mas cercano lo antes posible. Dos pruebas de funcion hepatica (SGOT/SGPT) pueden ser indicativas de la presencia del sindrome de Reye. Si el tratamiento se instaura prontamente bajo el cuidado de personal medico especializado, cerca del 90% de los afectados se recuperan completamente.

Estudios epidemioligicos han demostrado la asociacion del sindrome de Reye con el uso de aspirina para tratar enfermedades gripales, la varicela y resfriados. Si Ud. O un miembro de su familia tiene una enfermedad viral, no tome aspirina o cualquier medicina que contiene aspirina. El Cirujano General de los EEUU, la Administracion Federal de Alimento y Medicinas (FDA), y el Centro de Control de Enfermedades (CDC) recomiendan evitar el uso de todo preparado que contenga aspirina para tratar este tipo de enfermedades en ninos y adolescentes menores de 19 anos. Salicilato (salicylate, acetylsalicylate, acetylsalicylic acid, salicylic acid) es otra palabra para aspirina (aspirin); algunos productos comerciales ponen en su etiqueta salicilato en vez de aspirina. Cualquiera de los dos nombres que se encuentren en las etiquetas de medicamentos se debe evitar su administracion a ninos o adolescentes que sufran de algun episodio febril.

El National Reye’s Syndrome Foundation es una organizacion sin fines de lucro, exenta de impuestos con filiales en 44 estados. La tarea de la NRSF ha sido y es la de divulgar nuevos conocimientos sobre el sindrome de Reye, con el fin de ayudar a diagnosticarlo lo antes posible, a la vez que aporta fondos para la investigacion de sus causas, tratamiento y prevencion.

Para mas informacion comuniquese con la fundacion:  
National Reye’s Syndrome Foundation  
426 N. Lewis Street  
PO Box 829  
Bryan, OH 43506-0829  

O LLAME AL NUMERO 1-800-233-7393

E-Mail: nrsf@reyessyndrome.org  
Web: www.reyessyndrome.org  
reyessyndrome.wordpress.com

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Other Names For Aspirin – Check All Labels!

Acetyl Salicylic Acid
Aluminum Acetyl Salicylate
Ammonium Salicylate
Amyl Salicylate
Arthropan
Benzyl Salicylate
Bismuth Sub-Salicylate
Butyloctyl Salicylate
Calcium Acetyl Salicylate
Choline Salicylate
Ethyl Salicylate
Ethylhexyl Salicylate
Lithium Salicylate
Methyl Salicylate
Methylene Disalicylic Acid
Octisalate
Octyl Salicylate
Procaine Salicylate
Sal Ethyl Carbonate
Salicylamide
Salicylanilide
Salicylate
Salicylic Acid
Salicylsalicylic Acid
Santyl
Santalyl Salicylate
Sodium Salicylate
Strongylate
Strontium Salicylate
Sulfosalicylic Acid
Tridecyl Salicylate
Trolamine Salicylate
Willow Bark
Spiraea
Meadowsweet
Neam

Common Medications Mistakenly Given to Children that Contain Aspirin:

- Low-dose Aspirin
- Pepto-Bismol
- Alka-Seltzer
- Kaopectate
- Maalox
- Pamprin
- Excedrin

Manufacturers often change their ingredients. Aspirin is a cheap ingredient, and often used in everything from medications to topically applied products. **ALWAYS check the labels against the list.**

Check Labels at:

Check ingredients on-line for herbal and over the counter dietary supplements at a new National Institutes of Health Database at:

Report any adverse effects pertaining to any medication you or your child takes at:

Questions?
National Reye’s Syndrome Foundation:
800.233.7393
[http://www.reyessyndrome.org](http://www.reyessyndrome.org)
Reye’s Syndrome and Flu Viruses

Novel H1N1 Flu (Or Any Flu) Guidelines

**Warning!** Do not give aspirin (acetylsalicylic acid / salicylates) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye’s Syndrome.

Check ingredient labels on all over-the-counter cold and flu medications to see if they contain aspirin / salicylates. Teenagers with the flu can take medicines without aspirin, such as acetaminophen (Tylenol) and ibuprofen (Advil, Motrin, Nuprin), to relieve symptoms.

Children younger than 6 years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.

The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

Fevers and aches can be treated with acetaminophen (Tylenol) or ibuprofen (Advil, Motrin, Nuprin) or nonsteroidal anti-inflammatory drugs (NSAIDS). Examples of these kinds of medications include:

* Acetaminophen; Tylenol
* Ibuprofen; Advil, Motrin, Nuprin
* Naproxen; Aleve

Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. Importantly, these medications will not lessen how infectious a person is.

Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications --don’t-- double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the FDA website at www.fda.gov.

Reye’s Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected with the liver and brain suffering most seriously.
Reye's Syndrome is a two-phase illness because it is almost always associated with a previous viral infection such as influenza (flu) or chicken pox. Scientists do know that Reye's Syndrome is not contagious and the cause is unknown. Reye's Syndrome is often misdiagnosed as encephalitis, meningitis, diabetes, drug overdose, poisoning, Sudden Infant Death Syndrome, or psychiatric illness.

When Reye's Syndrome develops, it typically occurs when a person is beginning to recover from a viral illness.

Abnormal accumulations of fat begin to develop in the liver and other organs of the body, along with a severe increase of pressure in the brain. Unless diagnosed and treated successfully, death is common, often within a few days, and even a few hours. A person's life depends upon early diagnosis. Statistics indicate an excellent chance of recovery when Reye's Syndrome is diagnosed and treated in its earliest stages. The later the diagnosis and treatment, the more severely reduced are the chances for successful recovery and survival.

<table>
<thead>
<tr>
<th>Stage I Symptoms</th>
<th>Stage II Symptoms</th>
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<td>Persistent or continuous vomiting</td>
<td>Personality changes:</td>
<td>Disorientation:</td>
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<td>Signs of brain dysfunction:</td>
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<td>Loss of pep and energy</td>
<td></td>
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<tr>
<td>Drowsiness</td>
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NOTE: The symptoms of Reye's Syndrome in infants do not follow a typical pattern. For example, vomiting may be replaced with diarrhea and infants may display irregular breathing.

**Suspect Reye's in an Infant with:**

- * Diarrhea, but not necessarily vomiting
- * Respiratory disturbances such as hyperventilation or apneic episodes, seizures and hypoglycemia are common
- * Elevated SGOT-SGPT (SAT-ACT) [usually 200 or more units] in the absence of jaundice

Reye's Syndrome should be suspected in a person if this pattern of symptoms appear during, or most commonly, after a viral illness. Not all of the symptoms have to occur, nor do they have to be displayed in this order. Fever is not usually present.

Reye's Syndrome is a medical emergency, and anyone who shows symptoms should be immediately taken to a hospital – in the case of children, a children’s hospital is best.

To learn more about Reye’s Syndrome:

- www.reyessyndrome.org
- reyessyndrome.wordpress.com
- www.facebook.com/reyessyndrome
- Phone: 800.233.7393
Chicken Pox Guidelines

Chickenpox is a highly contagious disease that spreads from person to person by direct contact or through the air from an infected person's coughing or sneezing. Touching the fluid from a chickenpox blister can also spread the disease. A person with chickenpox is contagious from one to five days before the rash appears until all blisters have formed scabs. This may take 5-10 days. It takes from 10-20 days after contact with an infected person for someone to develop chickenpox.

Chickenpox is rarely fatal, although it is generally more severe in adults than in children. Pregnant women and those with a suppressed immune system are at highest risk of serious complications. The most common complication of chickenpox is shingles, caused by reactivation of the varicella zoster virus decades after the initial episode of chickenpox. More and more children are coming down with shingles.

The chickenpox blisters start as small red spots which develop an irregular outline (a rose petal). A thin-walled, clear vesicle (dew drop) develops on top of the area of redness. This "dew drop on a rose petal" lesion is very characteristic for chickenpox. After about 8 to 12 hours the fluid in the vesicle gets cloudy and the vesicle breaks leaving a crust. The fluid is highly contagious, but once the lesion crusts over, it is not considered contagious. The crust usually falls off after seven days sometimes leaving a crater-like scar. Although one lesion goes through this complete cycle in about seven days, another hallmark of chickenpox is the fact that new lesions crop up every day for several days. Therefore it may be a week before new lesions stop appearing and existing lesions crust over. Children are not to be sent back to school until all lesions have crusted over.

Those infected can spread chickenpox before they know they have the disease - even before any rash develops. People with chickenpox, in fact, can infect others from about two days before the rash develops until all the sores have crusted over, usually four or five days after the rash starts.

NEVER GIVE A CHILD WITH CHICKEN POX ASPIRIN OR ASPIRIN PRODUCTS!

1. Make sure your child drinks plenty of water
2. Ask your pharmacist for advice about giving children medication if your child has a fever - NO ASPIRIN, OR ASPIRIN PRODUCTS! READ ALL LABELS for SALICYLATES! Learn more at ReyesSyndrome.org
3. Dress your child in light, loose fitting clothing
4. Keep your child's fingernails clean and short to help prevent deep scratching
5. Apply a lotion to help relieve itching - make sure this lotion does NOT contain aspirin - read the label!
6. Keep your child at home and away from others - especially pregnant women and other fragile children and adults

Know the symptoms of Reye’s Syndrome, and if symptoms occur, treat it like a medical emergency and get the child to an emergency room, preferably at a children’s hospital. Learn more about Reye’s Syndrome and chickenpox at www.reyessyndrome.org
The National Reye’s Syndrome Foundation Does Not Condone Chicken Pox Parties! They can be Deadly!

Sharing body fluids from other children puts your child at great and deadly risk, not to mention this is a Federal Offense according to Homeland Security. The intentional spreading of any virus, or viral infection, and the mailing or transporting of such, falls under Bio-Terrorism Laws and the FBI and Homeland Security are going to want to talk to those involved.

For the sake of your child’s life, and the lives of other children, pregnant women, and Immunocompromised Persons, just don’t do it!

We have seen places on the Internet that offer chickenpox parties, and we know the FBI gets involved. Some people do this as a ‘scam’, charging unsuspecting and uneducated parents more than $100.00 for a swab, or sucker, and parents have no idea what they are really getting. Is that swab or sucker HIV contaminated? Herpes contaminated? Some other disease contaminated? And you are going to risk giving it to your precious child?

Chickenpox is a very contagious disease caused by the varicella-zoster virus (VZV). It causes a blister-like rash, itching, tiredness, and fever. Chickenpox can be serious, especially in babies, adults, and people with weakened immune systems. It spreads easily from infected people to others who have never had chickenpox or received the chickenpox vaccine.

Chickenpox spreads in the air through coughing or sneezing. It can also be spread by touching or breathing in the virus particles that come from chickenpox blisters.

While staph infections of the skin are common in infants and young children, they usually are mild. However, chickenpox blisters can provide a place for staph bacteria to enter the skin, and a serious infection can develop quickly. It’s common for chickenpox blisters to be close together and when the staph infection penetrates the skin, the skin around the infected area simply dies and falls off.

Reye’s Syndrome has been associated with Chickenpox, and children have died from Reye’s after contracting chickenpox. NEVER give a child aspirin products while suffering chickenpox! Learn more about Reye’s Syndrome at www.reyessyndrome.org
Pepto Bismol – It’s NOT for Kids!

(Bismuth Sub-Salicylate)

Bismuth Sub-salicylate is a drug used to treat temporary discomforts of the stomach and gastrointestinal tract such as diarrhea, indigestion, heartburn and nausea. Commonly known as pink bismuth, it is the active ingredient in medications such as Pepto-Bismol and Kaopectate.

Bismuth sub-salicylate is in a class of medications called anti-diarrheal agents. It works by decreasing the flow of fluids and electrolytes into the bowel, reduces inflammation within the intestine, and may kill the organisms that can cause diarrhea.

But, in the gastrointestinal tract, Bismuth Sub-salicylate is converted to salicylic acid (aspirin) and insoluble bismuth salts.

There are adverse effects with this drug, most prominently; Reye’s Syndrome. It can also cause a black tongue and black stools in some users of the drug, when it combines with trace amounts of sulfur in saliva and the colon to form bismuth sulfide. Bismuth sulfide is a highly insoluble black salt, and the discoloration seen is temporary and supposedly harmless.

Children should not take medication with bismuth sub-salicylate because epidemiologic evidence points to an association between the use of salicylate-containing medications during viral infections and the onset of Reye’s Syndrome.

Never give a child under the age of 19 any product with aspirin when suffering from flu symptoms or a viral infection, including products like Pepto-Bismol or Kaopectate!

For the same reason, it is recommended that nursing mothers not use medication containing bismuth sub-salicylate like Pepto-Bismol because small amounts of the medication are excreted in breast milk and pose a risk of triggering Reye’s Syndrome to nursing children.

Brand Names Include:

Bismusal®    Pink Bismuth®
Kapectate®    Stomach Relief®
Peptic Relief®    Pepto-Bismol®

To learn more, go to: http://reyessyndrome.wordpress.com/category/aspirin-and-reyes/pepto-bismol-and-children/
Tweens & Teens – Wise Choices; Using Over-the-Counter Medications Wisely

Medicine Cabinets and Store Shelves are filled with medicines you can buy without a prescription. And you need to know that just because a drug is available over the counter (OTC), that doesn't mean it's always safe or free of side effects.

You need to take OTC drugs with the same caution as drugs prescribed by your doctor. Even more care is needed if you use more than one prescription and or OTC product at the same time.

There are some OTC drugs that should not be taken if you have certain medical problems. You should always ask your parent, pharmacist or doctor for advice before taking any OTC medicine.

Until after the age of 19, you should not take products containing aspirin or salicylates, especially when you have a viral illness, chickenpox, flu, or symptoms that might be the flu (this includes most colds). Those who take aspirin and other salicylates during these illnesses can develop a life-threatening disease called Reye’s Syndrome.

As much as you would like to think that nothing can affect you – that you are young and healthy and always will be – the real truth is that things can affect you, stress is real, people do get terribly sick, and those we know and love do in fact affect our lives, sometimes tragically.

You do have one very special Power. You have the Power of Choice. YOUR choices will ALWAYS determine where you will go in life, and how. Everyday choices can either be good for you or bad for you. You get ONE life, and one life only. Where do you see yourself in 1 year. In 5 years? 10 years? Will the choices you make today get you there? YOU have the Power of Choice. Use that Power Wisely.

- **Pause – Think it Out!** Take a moment; is what you are about to do –*really*– in your best interest?
- **Pause – Check It Out!** Take a moment; what kind of problem will your choice create for you?
- **Pause – Research it!** Take a moment; talk to someone who –*really*, *really*– knows; a parent, caregiver, doctor, nurse, guidance counselor, or teacher.

**What is Reye’s Syndrome?**
Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected, with the liver and brain suffering most seriously. While the cause and cure remain unknown, research has established a link between Reye’s Syndrome and the use of aspirin and other salicylate containing medications, over the counter products, and topical use products. To learn more: www.ReyesSyndrome.Org and reyessyndrome.wordpress.com and www.facebook.com/reyessyndrome or call 800-233-7393

- Read the Labels on Everything!
- Don't Share Medicines with family or friends!
- Talk to your Doctor – They do want to hear what you have to ask or say!
- Don't try to diagnose why you are sick – let a doctor do that!
- Don't take that aspirin for a headache – or for any other reason – it could kill you!

If you are feeling stressed: Pause – take a break – let others know you are feeling stressed and need a break – we all need a break from time to time. Do something extra special for yourself; that will help you cope with the stress.
The Food and Drug Administration (FDA) has issued the following warning about aspirin use during pregnancy:

"It is especially important not to use aspirin during the last three months of pregnancy, unless specifically directed to do so by a physician because it may cause problems in the unborn child or complications during delivery."

**Aspirin & Aspirin Products can trigger Reye's Syndrome!**

The main advantages of breastfeeding for your baby:
- Breast milk is the only food designed by nature for your baby.
- Antibodies are passed on through breast milk to protect your baby from all kinds of infection. The longer you can feed your baby the better; if you breastfeed for the first three or four months this protection can last for up to a year.
- Your baby is much less likely to need to be admitted to hospital.
- Your baby is less likely to develop diarrhea or constipation.
- Breastfeeding reduced the incidence of allergies.
- Breast milk contains growth factors and hormones to help your baby's development. These cannot be reproduced in formula milk.
- Children who have breast fed for eight months or more have been shown to achieve more at school than those who have been bottle fed.

The main advantages of breastfeeding for you:
- Breastfeeding helps your body to return to normal after the birth.
- Breast milk is always ready and it costs nothing.
- Women who breastfeed often feel a special bond with their baby.

The main disadvantages of breastfeeding for you:
- Blood borne viruses such as hepatitis B or HIV and some medication, including Aspirin, can be passed on to your baby in breast milk.
- Nearly all women can breastfeed, and some do run into problems. It is important to ask for help.

**What is Reye’s Syndrome?**
Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected, with the liver and brain suffering most seriously. While the cause and cure remain unknown, research has established a link between Reye's Syndrome and the use of aspirin and other salicylate containing medications, over the counter products, and topical use products.

Do NOT take aspirin or any product containing aspirin while breastfeeding. Aspirin can be transferred to the baby through your breast milk.

Check the labels on all products you take to make sure they do not contain salicylates (aspirin).

Request an “Ingredients to Avoid” card from the NRSF by calling 800-233-7393 or through email at nrsf@ReyesSyndrome.org

Check all topical products you use on your face, hands, and body for salicylates – baby may get your makeup or creams onto his / her hands and put them into their mouth.

Lists of products that contain aspirin can be obtained from the NRSF website at www.ReyesSyndrome.Org or by emailing your request to nrsf@ReyesSyndrome.org

Never ever give a child under the age of 19 aspirin or an aspirin product!
What is Reye's Syndrome?

Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected, with the liver and brain suffering most seriously. While the cause and cure remain unknown, research has established a link between Reye's Syndrome and the use of aspirin and other salicylate containing medications, over the counter products, and topical use products.

Commonly found in a medicine cabinet, and commonly used over the counter medications that contain aspirin include:

Low-Dose Aspirin
Pepto-Bismol – Liquid, Chewables & Caplets
Insta-cool
Pepto-Bismol To Go
Kaopectate
Maalox
Alka-Seltzer
Anacin
Doan’s Pills
Excedrin
Ascriptin
BC Powder
Bufferin
Goody's Aspirin
Norwich
Pamprin
Vanquish
Anything by Bayer

Homeopathic and Herbal Remedies:

Do not give children under the age of 19 anything that contains:

- Willow Bark
- Spiraea
- Meadowsweet
- Neam

For more information: www.reyessyndrome.org, or 800.233.7393
Salicylates have long been known as water soluble compounds derived from a number of plants, particularly Willow and Meadowsweet with analgesic, antipyretic and anti-inflammatory properties, and comprises the main ingredient in aspirin.

Some authorities consider the ingestion of these foods to be associated with various conditions, notably Attention Deficit issues, and triggering Reye's Syndrome in children.

**Common salicylate-containing herbs:**

- Willow Bark
  Willow bark has long been used for its analgesic (pain killing), antirheumatic, and antipyretic (fever-reducing) properties. Willow bark is widely promoted as an "aspirin-free" analgesic, including in dietary supplement products for children. Because it shares the same chemical properties and the same adverse effects as aspirin, this claim is highly misleading. The "aspirin-free" claim is particularly dangerous on products marketed, without warning labels, for use by children and other aspirin-sensitive individuals. The pharmacologically active component in willow bark is "salicin," a compound that is converted to salicylic acid by the body after ingestion. Both willow bark and aspirin are salicylates, a class of compounds that work by virtue of their salicylic acid content. Aspirin (acetylsalicylic acid) is also converted to salicylic acid after ingestion.
  - Betula lenta (Sweet Birch)
  - Betula pendula (White birch)
  - Filipendula ulmaria (Meadowsweet)
  - Gaultheria procumbens (Wintergreen)
  - Populus balsamifera (Balsam Poplar)
  - Populus nigra (Black Poplar)
  - Populus candicans (Balm Of Gilead)
  - Salix alba (White Willow)
  - Viburnum prunifolium (Black Haw)

**Neem** is the newest 'craze' in natural healing ingredients. Neem proponents state that it can cure some 40 different diseases.

What you need to know is that **Neem contains compounds similar to those in aspirin and should not be used to treat children**, or taken by people with known allergies to aspirin and aspirin like substances. Neem should not be taken by anyone who is pregnant or trying to conceive. Neem oil should not be taken internally.

So, please, learn all you can about that herbal ingredient before you use it, especially with a child; it could just save your life, or the life of a loved one! Learn more about Reye’s Syndrome at [www.reyessyndrome.org](http://www.reyessyndrome.org)
Epidemiologic research has shown an association between the development of Reye's Syndrome and the use of aspirin-type products for treating symptoms of influenza-like illnesses and chicken-pox. The National Reye's Syndrome Foundation, U.S. Surgeon General, the Food and Drug Administration, and Centers for Disease Control and Prevention recommend that aspirin and combination products containing aspirin not be given to children or teenagers who are suffering from one of these illnesses. This listing shows products containing aspirin or salicylate compounds. THIS IS NOT A COMPLETE LIST! Some medication labels may use the words acetylsalicylate, acetylsalicylic acid, salicylic, salicylamide, phenyl salicylate, etc., instead of the word aspirin. There is not data as to other forms of salicylate other than aspirin associated with the development of Reye's Syndrome, but until further research has answered this question, we recommend products listing these substances not be used at all in children and adolescents, because a virus may already be present before symptoms appear. Product ingredients may be reformulated periodically, so always check the label. When in doubt ask your doctor or pharmacist. -- Note: Be cautious when using Herbal Remedies as some contain Salicylate!

<table>
<thead>
<tr>
<th>NON-PRESCRIPTION PRODUCTS</th>
<th>PRESCRIPTION PRODUCTS</th>
<th>PRESCRIPTION PRODUCTS (Cont.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alka-Seltzer*</td>
<td>Bayer Acprin 81 Adult Low Dose Aspirin</td>
<td>Richwood Magsal Tablets</td>
</tr>
<tr>
<td>Bayer*</td>
<td>Richwood</td>
<td>U.S. Pharmaceutical</td>
</tr>
<tr>
<td>Bayer aspirin*</td>
<td>Novartis</td>
<td>Boehringer-Ingelheim</td>
</tr>
<tr>
<td>BC Powder*</td>
<td>Block Carisoprodol and Aspirin Tablets</td>
<td>Par</td>
</tr>
<tr>
<td>Bufferin*</td>
<td>Bristol-Myers</td>
<td>Damason-P 5</td>
</tr>
<tr>
<td>CVS Aspirin*</td>
<td>Darvon Compound-65 9</td>
<td>Mason Pharm</td>
</tr>
<tr>
<td>Doan's*</td>
<td>Novartis</td>
<td>Disalcid Capsules and Tablets</td>
</tr>
<tr>
<td>Excedrin*</td>
<td>Bristol-Myers</td>
<td>Empirin with Codeine No.3 &amp; 4</td>
</tr>
<tr>
<td>Goody's Aspirin*</td>
<td>Block Endodan Tablets, USP CII</td>
<td>3M</td>
</tr>
<tr>
<td>Kapectate*</td>
<td>Pharcia</td>
<td>Equagesic Tablets</td>
</tr>
<tr>
<td>Maalox*</td>
<td>Novartis</td>
<td>Fiorinal Capsules and Tablets</td>
</tr>
<tr>
<td>Novii's Aspirin*</td>
<td>Chattem</td>
<td>Fiorinal with Codeine Capsules</td>
</tr>
<tr>
<td>Rite Aid Aspirin*</td>
<td>Rite Aid</td>
<td>Fiorial with Codeine Capsules</td>
</tr>
<tr>
<td>Pamprin*</td>
<td>Chattem</td>
<td>Gelpirin Tablets</td>
</tr>
<tr>
<td>Pepto-Bismol*</td>
<td>Proctor and Gamble</td>
<td>Halfprin Tablets</td>
</tr>
<tr>
<td>St. Joseph*</td>
<td>Schering-Plough</td>
<td>Helidac therapy</td>
</tr>
<tr>
<td>Vanquish*</td>
<td>Bayer Lortab ASA Tablets</td>
<td>UCB</td>
</tr>
<tr>
<td>YSP*</td>
<td>Carlsbad Technology</td>
<td>Magan Tablets</td>
</tr>
</tbody>
</table>

*To conserve space on our list, we have listed non-prescription products by brand name only. Please be aware these products come in many forms, strengths and flavors. **Be sure to check the label for the Reye's Syndrome warning and/or any of the ingredients names listed in the above paragraph.**

The following is a list of Antiemetics. Antiemetics are used to stop nausea. While Antiemetics do not contain aspirin, they can be associated with Reye's Syndrome because medications used to stop nausea can mask one of the first symptoms of Reye's. When every second counts in diagnosing Reye's it is vital for parents to question use of Antiemetics when prescribed during a viral illness.

<table>
<thead>
<tr>
<th>Antiemetics</th>
<th>Manufacturer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloxi Injection</td>
<td>MGI</td>
</tr>
<tr>
<td>Anzemet Injection &amp; Tablets</td>
<td>Sanofi-Aventis</td>
</tr>
<tr>
<td>Emed Capsules</td>
<td>Merck</td>
</tr>
<tr>
<td>Kytril Injection, Oral, or Tablets</td>
<td>Roche Laboratories</td>
</tr>
</tbody>
</table>

Many topical products also contain forms of salicylates. While these products are not ingested through the mouth, certain ingredients may be absorbed through the skin and therefore a potential risk where Reye's Syndrome is concerned. Be sure to check ingredient labels. These products are not ingested and as such, not required to carry a warning. Check out our website or contact the foundation for a list of topical products we know contain aspirin.

For More Information Contact the NRSF: National Reye's Syndrome Foundation, 426 N. Lewis Street, PO Box 829, Bryan, OH 43506-0829  
Toll Free: (800) 233-7393  
Web: www.reyessyndrome.org  
E-Mail: nrsf@reyessyndrome.org
Las investigaciones epidémicas muestran que hay una asociación entre el desarrollo del Síndrome Reye's y el uso de aspirina (un salicylate) que se toma para curar las síntomas de la influenza, de las viruelas locas y de las gripes. La Fundación Nacional del Síndrome Reye's, el Cirujano General de los Estados Unidos, La Administración de la Comida y las Drogas, y los Centros para Controlar las Enfermedades recomiendan que los niños hasta la edad de veinte años no tomen la aspirina ni las medicinas que contienen aspirina cuando estén enfermos con la gripe, la influenza o las viruelas locas. **Probablemente existan otros productos que contienen aspirina y esta lista no está completa.** Los niños que sufren de la gripe o de las viruelas locas deben evitar estos productos. Es posible reformar estos productos para quitar o añadir la aspirina. Siempre pregunte a su médico o a su farmacéutico acerca de las medicinas antes de tomarlas.

### Preparaciones que Contienen Aspirina (Acetylsalicylate) y Compuestos Parecidos a la Aspirina

<table>
<thead>
<tr>
<th>PRODUCTOS SIN RECETA MEDICA</th>
<th>PRODUCTOS CON RECETA MEDICA</th>
<th>PRODUCTOS CON RECETA MEDICA (continuación)</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Alka-Seltzer</em> Bayer</td>
<td><em>Anacin</em> Whitehall Robins</td>
<td><em>Ascriptin</em> Novartis</td>
</tr>
<tr>
<td><em>Astringentes El Acné Bate</em></td>
<td><em>Bayer Aspirin</em> Bayer</td>
<td><em>Bayer Aspirin</em> Bristol-Myers</td>
</tr>
<tr>
<td><em>Bloque Del Sol</em></td>
<td><em>BC Powder</em> Block</td>
<td><em>BC Powder</em> Block</td>
</tr>
<tr>
<td><em>Champú De la Caspa</em></td>
<td><em>Bufferin</em> Bristol-Myers</td>
<td><em>Bufferin</em> CVS Pharmacy</td>
</tr>
<tr>
<td><em>Crema hidratante De Exfoliating</em></td>
<td><em>CVS Aspirin</em> CVS Pharmacy</td>
<td></td>
</tr>
<tr>
<td><em>Doan's</em> Novartis</td>
<td><em>Dristan</em> Whitehall Robins</td>
<td><em>Dristan</em> Whitehall Robins</td>
</tr>
<tr>
<td><em>Ecotrin</em> SK Beecham</td>
<td><em>Excedrin</em> Bristol-Myers</td>
<td><em>Excedrin</em> Bristol-Myers</td>
</tr>
<tr>
<td><em>Goody's Aspirin</em> Block</td>
<td><em>Kapectate</em> Pharmacia</td>
<td><em>Kapectate</em> Pharmacia</td>
</tr>
<tr>
<td><em>Maalox</em> Novartis</td>
<td><em>Maloxy</em> Novartis</td>
<td><em>Medol</em> Bayer</td>
</tr>
<tr>
<td><em>Norwich Aspirin</em> Chattem</td>
<td><em>Norwich Aspirin</em> Chattem</td>
<td><em>Norwich Aspirin</em> Chattem</td>
</tr>
<tr>
<td><em>Pamprin</em> Chattem</td>
<td><em>Pamprin</em> Chattem</td>
<td><em>Pamprin</em> Chattem</td>
</tr>
<tr>
<td><em>Pepto-Bismol</em> Proctor y Gamble</td>
<td><em>Sine-Off</em> Hogil Pharmaceutical</td>
<td></td>
</tr>
<tr>
<td><em>Sine-Off</em> Hogil Pharmaceutical</td>
<td><em>St. Joseph</em> Schering-Plough</td>
<td></td>
</tr>
<tr>
<td><em>St. Joseph</em> Schering-Plough</td>
<td><em>Vanquish</em> Bayer</td>
<td><em>Vanquish</em> Bayer</td>
</tr>
<tr>
<td><em>YSP</em> Carlsbad Technology</td>
<td><em>YSP</em> Carlsbad Technology</td>
<td></td>
</tr>
</tbody>
</table>

Para mas informacion, contacte a:
National Reye's Syndrome Foundation, 426 N. Lewis Street, PO Box 829, Bryan, OH 43506-0829
Llamada gratis: (800) 233-7393
Web: www.reyessyndrome.org E-Mail: nrsf@reyessyndrome.org

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### Topical Products that Contain Aspirin

The following topical products are listed as they contain forms of salicylates. While these products are not ingested through the mouth, ingredients may be absorbed through the skin and therefore a potential risk where Reye’s Syndrome is concerned. **Be sure to check ingredient labels. These products are not ingested and as such, not required to carry the aspirin warning.** To date no Reye’s Syndrome case has been confirmed to have been caused by a topical product; but 5% of confirmed Reye’s Syndrome cases list cause as “unknown”. The National Reye’s Syndrome Foundation is taking a proactive approach in warning children and adults about potential risk factors of Reye’s Syndrome.

<table>
<thead>
<tr>
<th>BRAND</th>
<th>PRODUCT NAMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>AcneFree</td>
<td>Terminator 10 Medicated Spot Treatment Power Pimple Peel</td>
</tr>
<tr>
<td>Almay</td>
<td>Blemish Healer</td>
</tr>
<tr>
<td>Ambi</td>
<td>Even &amp; Clear Acne Clearing Treatment Exfoliating Wash Foaming Cleanser</td>
</tr>
<tr>
<td>Arthritis Hot</td>
<td>Deep Penetrating Pain Relief Cream Pain Relieving Creme Pain Relieving Lotion</td>
</tr>
<tr>
<td>Aspercreme</td>
<td>Back &amp; Body Patch Clear Complexion Daily Cleansing Pads</td>
</tr>
<tr>
<td>Aveno</td>
<td>Baby Sunblock Lotion SPF 55 Clear Complexion Daily Cleansing Pads Clear Complexion Daily Moisturizer Clear Complexion Foaming Cleanser</td>
</tr>
<tr>
<td>Avon</td>
<td>Clears Skin Balanced Cycle Cleanser / Mask SKIN SO SOFT Satin Glow Perfect Legs</td>
</tr>
<tr>
<td></td>
<td>Clears Skin Blackhead Clearing Cleanser Sun Care General Protection SPF40</td>
</tr>
<tr>
<td></td>
<td>Clears Skin Cleansing Pads Sun Care Kids Disappearing Color Sunscreen</td>
</tr>
<tr>
<td></td>
<td>Clears Skin Correct &amp; Fade Peel Sun Care Sport Sunscreen Spray SPF30</td>
</tr>
<tr>
<td></td>
<td>Clears Skin Purifying Gel Cleanser True Pore-Fection Oil-Free Skin Clearing Lotion</td>
</tr>
<tr>
<td></td>
<td>Dramatic Firming Cream for Face and Throat True Pore-Fection Skin Clearing Gel Cleanser</td>
</tr>
<tr>
<td></td>
<td>Foot Works Arthritis Achy Foot &amp; Muscle Cream True Pore-Fection Skin Refining Cleanser</td>
</tr>
<tr>
<td></td>
<td>MOISTURE THERAPY Skin Bump Minimizer True Pore-Fection Skin Refining Mask</td>
</tr>
<tr>
<td></td>
<td>SKIN SO SOFT Bug Guard Plus True Pore-Fection Skin Refining Toner</td>
</tr>
<tr>
<td>Bayer</td>
<td>Muscle &amp; Joint Cream</td>
</tr>
<tr>
<td>BenGay</td>
<td>Arthritis Formula Cream Ultra Strength Cream Original Strength Patch</td>
</tr>
<tr>
<td>Biore</td>
<td>Blemish Fighting Cleansing Cloths Pore Perfect Pore Unclogging Scrub Pore Perfect Cleansing Cloths</td>
</tr>
<tr>
<td></td>
<td>Blemish Fighting Ice Cleanser Pore Perfect Triple Action Astringent</td>
</tr>
<tr>
<td>Blistex</td>
<td>Facewipes to Go</td>
</tr>
<tr>
<td>Boots</td>
<td>Sanctuary Body Scrub Mande Lular Sensuous Bath Sanctuary Salt Scrub</td>
</tr>
<tr>
<td>Burt's Bees</td>
<td>Peach &amp; Willow Bark Deep Pore Scrub Parsley Blemish Stick Marshmallow Vanishing Creme</td>
</tr>
<tr>
<td>Clairol</td>
<td>Nice 'n Easy Color Gray Solution Permanent Color</td>
</tr>
<tr>
<td>Clean &amp; Clear</td>
<td>Advantage Acne Clearing Astringent Advantage Deep Cleansing Pads Deep Action Cream Cleanser</td>
</tr>
<tr>
<td></td>
<td>Advantage Acne Control Moisturizer Advantage Invisible Acne Patch Deep Cleaning Astringent</td>
</tr>
<tr>
<td></td>
<td>Advantage Acne Spot Treatment Continuous Control Acne Wash Dual Action Moisturizer</td>
</tr>
<tr>
<td>Clearasil</td>
<td>Blackhead Control Astringent For Men - Energizing Acne Scrub Ultra Acne Clearing Gel Wash</td>
</tr>
<tr>
<td></td>
<td>Blackhead Control Pads For Men - Skin Clearing After Shave Balm Ultra Acne Clearing Scrub</td>
</tr>
<tr>
<td></td>
<td>Blackhead Control Scrub StayClean Daily Face Wash Ultra Daily Face Wash</td>
</tr>
<tr>
<td></td>
<td>Blackhead Control Treatment Gel Ultra Acne Clearing Astringent Ultra Deep Pore Cleansing Pads</td>
</tr>
<tr>
<td>Compound W</td>
<td>Fast-Acting Gel or Liquid One Step Invisible Strips One Step Pads</td>
</tr>
<tr>
<td>CVS</td>
<td>Acne Body Wash Daily Cleansing Pads Pain Relief Balm Extra Strength</td>
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<tr>
<td></td>
<td>Antiseptic Mouth Rinse Daily Renewal Cream Plantar Wart Remover</td>
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<tr>
<td></td>
<td>Arthritis Cream Rub Facial Moisturizer SPF15 Wart Remover Liquid</td>
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<tr>
<td></td>
<td>Clarifying Body Scrub Muscle Rub Wart Remover Medicated Discs</td>
</tr>
<tr>
<td></td>
<td>Daily Blackhead Scrub Muscle Rub Ultra Strength</td>
</tr>
<tr>
<td>Dermarest</td>
<td>Psoriasis Medicated Moisturizer Psoriasis Medicated Shampoo Plus Conditioner</td>
</tr>
<tr>
<td></td>
<td>Psoriasis Medicated Overnight Treatment Psoriasis Medicated Skin Treatment</td>
</tr>
<tr>
<td></td>
<td>Psoriasis Medicated Scalp Treatment</td>
</tr>
<tr>
<td>DHS</td>
<td>Sal Shampoo</td>
</tr>
<tr>
<td>Dr. Scholl’s</td>
<td>Clear Away Fast Acting Liquid Corn Removers Medicated Callus Removers</td>
</tr>
<tr>
<td></td>
<td>Clear Away Wart Remover Invisible Strips Corn/Callus Remover Liquid For Her Foot Serum</td>
</tr>
<tr>
<td></td>
<td>Clear Away One Step Wart Remover Dual Action Freeze Away</td>
</tr>
<tr>
<td>DuoFilm</td>
<td>Liquid Wart Remover Plantar Patch</td>
</tr>
<tr>
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<td>Patch Salicylic Acid Wart Remover</td>
</tr>
<tr>
<td>Elizabeth Arden</td>
<td>Good Nights Sleep Restoring Cream Perpetual Moisture 24 Lotion</td>
</tr>
<tr>
<td></td>
<td>Green Tea Enriched Body Butter Sensitive Skin Calming Moisture Lotion</td>
</tr>
<tr>
<td>BRAND</td>
<td>PRODUCT NAMES</td>
</tr>
<tr>
<td>---------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>Acne Pads - Maximum Strength</td>
<td>Clarifying Facial Cleanser</td>
</tr>
<tr>
<td>Acne Wash</td>
<td>Creamy Facial Cleanser</td>
</tr>
<tr>
<td>Anticavity Alcohol Free Fluoride Rinse</td>
<td>Daily Renewal Cleanser</td>
</tr>
<tr>
<td>Antiseptic Mouthrinse</td>
<td>Everyday Deep Cleansing Cloths</td>
</tr>
<tr>
<td>Flexall454</td>
<td>Gel Maximum Strength</td>
</tr>
<tr>
<td>Gold Bond</td>
<td>Triple Action Medicated Body Powder</td>
</tr>
<tr>
<td>Icy Hot</td>
<td>Balm</td>
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<tr>
<td>L'Oreal</td>
<td>Advanced RevitaLift Complete Day Cream</td>
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<tr>
<td>L'Oreal</td>
<td>Advanced RevitaLift Mask</td>
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<tr>
<td>Mary Kay</td>
<td>Blemish Control Toner</td>
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<tr>
<td>Mary Kay</td>
<td>Daily Protection Moisturizer with Sunscreen</td>
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<tr>
<td>Neutrogena</td>
<td>Blackhead Eliminating Astringent</td>
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<tr>
<td>Neutrogena</td>
<td>Blackhead Eliminating Daily Scrub</td>
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<tr>
<td>Neutrogena</td>
<td>Blackhead Eliminating Treatment Mask</td>
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<td>Neutrogena</td>
<td>Body Clear Body Wash</td>
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<tr>
<td>Neutrogena</td>
<td>Clear Pore Oil Eliminating Astringent</td>
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<td>Noxema</td>
<td>2-in-1 Astringent Acne Medication</td>
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<tr>
<td>Olay</td>
<td>Daily Facials Clarity Lathering Cloths</td>
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<td>Olay</td>
<td>Daily Facials Intensives Smooth Skin Scrub</td>
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<td>Olay</td>
<td>Daily Facials Lathering Cleansing Cloths</td>
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<tr>
<td>Orajel</td>
<td>Antiseptic Mouth Sore Rinse</td>
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<td>Oxy</td>
<td>Bar Soap</td>
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<td>Oxy</td>
<td>Body Wash</td>
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<td>Pedinol</td>
<td>Hydralisal Gel</td>
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<td>Pedinol</td>
<td>Sal-Acid Plasters</td>
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<tr>
<td>Pernox</td>
<td>Scrub Cleanser</td>
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<tr>
<td>PFB Vanish</td>
<td>Roll-On Razor Bump Treatment</td>
</tr>
<tr>
<td>Revlon</td>
<td>Age Defying Concealer</td>
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<tr>
<td>Revlon</td>
<td>ColorStay Blemish Concealer</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>Arthritic Pain Rub</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>Corn &amp; Callus Remover</td>
</tr>
<tr>
<td>Salex</td>
<td>Cream</td>
</tr>
<tr>
<td>Sportscreme</td>
<td>Deep Penetrating Pain Relieving Rub</td>
</tr>
<tr>
<td>St. Ives</td>
<td>Clear Pore Cleanser</td>
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<tr>
<td>St. Ives</td>
<td>Peel-Off Hydroxy Masque</td>
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<tr>
<td>Stri-Dex</td>
<td>Essential Care Pads</td>
</tr>
<tr>
<td>Tend Skin</td>
<td>Lotion</td>
</tr>
<tr>
<td>Walgreens</td>
<td>Analgesic Cream with Aloe</td>
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<tr>
<td>Walgreens</td>
<td>Blackhead Clearing Scrub</td>
</tr>
<tr>
<td>Walgreens</td>
<td>Corn &amp; Callus Remover, Liquid</td>
</tr>
</tbody>
</table>

Most of the above listed products are available for sale on the internet. Most websites do not even list the ingredients. NONE of these products have the Reye's Syndrome Warning on the packaging.

Miscellaneous Items Which Contain Salicylates
Antiseptics, Beverages, Candies, Cosmetics, Gum, Lozenges, Mouthwash, Perfumes, Shampoo, Sunblock, Toothpaste, Wintergreen Oil

Our website offers lists of salicylate free products at www.reyessyndrome.org/literature.html

Food and Plants Which Contain Salicylates
Acacia, Almonds, Apples, Apricots, Aspens, Birches, Blackberries, Calycanthus, Carnella, Cherries, Currants, Gooseberries, Grapes, Hyacinth, Marigold, Nectarines, Oranges, Peaches, Plums, Poplars, Spiraea, Teaberry, Willows

Various Salicylic Compounds
Acetyl Salicylic Acid
Calcium Acetyl Salicylate
Octisalate
Santyl (Santalyl Salicylate)

Aluminum Acetyl Salicylate
Choline Salicylate
Octyl Salicylate
Sodium Salicylate

Ammonium Salicylate
Ethyl Salicylate
Procaine Salicylate
Strongylate

Amyl Salicylate
Ethylhexyl Salicylate
Sal Ethyl Carbonate
Strontium Salicylate

Arthropan
Lithium Salicylate
Salicylamide
Sulfosalicylic Acid

Benzyl Salicylate
Methyl Salicylate
Salicylanilide
Tridecyl Salicylate

Butyloctyl Salicylate
Methylene Disalicylic Acid
Salicylsalicylic Acid
Trolamine Salicylate
Los siguientes productos, estan enumerandos porque tambien pueden contener alguna forma de Salicylates. Aunque estos productos no se injieren a traves de la boca, ciertos ingredientes se pueden absorber mediante la piel y por lo tanto es posible que tenga riesgos para personas con el Sindrome de Reye's. Asegurese de revisar la etiqueta y los ingredientes. Estos productos no se injieren y por lo tanto no se requiere que tengan aviso de advertencia de aspirina.

### Marca de fábrica  | Nombre Del Producto  | Nombre Del Producto
---|---|---
Aveeno  | Aveeno Daily Moisturizer Clear Complexion  | Aveeno Clear Complexion Cleansing Bar
Avon  | Avon Sun Baby Lotion SPF 40  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Baby Sunscreen Lotion SPF 40  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Body Block Cream SPF 30  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Care General Protection Lotion SPF 30  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Care General Protection SPF 40  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Care Kids Disappearing Color Lotion SPF 40  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Bug Guard Mosquito Repellant Spray SPF 15 W/P  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Kids SPF 40 Lotion  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Wand  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Blue Blast Skin-S-Soft Moisturizing Suncare  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Disappearing Color Mosquito, Flea & Deer Tick Repellant  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Avon Sun Care Sport Sunscreen Spray SPF 30  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Bug Guard Mosquito Repellant Moisturizing Lotion for Kids  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Bug Guard Mosquito Repellant Moisturizing Sunblock Spray  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Bug Guard Plus Insect Repellant Lotion  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Insect Repellant Spray  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Kids Sunblock SPF 40 Sun-So-Soft  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Moisturizing Suncare Plus SPF 30  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Sunscreen Lotion SPF 30 UVA/UVB Protection  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Sunscreen Lotion For Kids SPF 40 UVA/UVB Protection  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Skin-So-Soft Sunscreen Stick UVA/UVB Protection  | Aveeno Daily Moisturizer Clear Complexion
Avon  | Becoming Luminous See Spot Go Acne Treatment  | Aveeno Daily Moisturizer Clear Complexion

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Bayer  | Bayer Muscle & Joint Cream
Beiersdorf  | Mediplast
Bioglan  | Occlusal-HP
Biore  | Biore Blemish Fighting Cleansing Clothes
Blistex  | Stri-Dex Clear Gel Maximum Strength
Blistex  | Stri-Dex Sensitive Skin Pads
Blistex  | Stri-Dex Super Scrub Pads
Boots Health Care  | Clearasil Total Control Deep Pore Cream Cleanser
Boots Health Care  | StayClear Zone-Controlled Clearstick
Bristol Meyers Squibb  | Fostex Medicated Bar
Bristol Meyers Squibb  | Sebucare Lotion
Bristol Meyers Squibb  | Sebutone
Bristol Meyers Squibb  | Sebulex with Conditioners
Chattem, Inc.  | Aspcreme
Chattem, Inc.  | Icy Hot Cream
Chattem, Inc.  | Icy Hot Stick
Covey  | DHS Sal Shampoo
CVS  | CVS Acne Body Wash
CVS  | CVS Muscle Rub
CVS  | CVS Articream Cream Rub
CVS  | CVS Artic Heat Pain Relief Balm Extra Strength
CVS  | CVS Muscle Rub Ultra Strength
CVS  | CVS Daily Renewal Cream
Del  | Propa pH Peel-Off Acne Mask
Del  | Propa pH Astringent Cleanser
Del  | Propa pH Maximum Strength Astringent Cleanser
Doak  | Trans-Ver-Sal
Dr. Scholl's  | Dr. Scholl's Clear Away Clear Wart Remover
Dr. Scholl's  | Dr. Scholl's Clear Away Remover Discs
GlixoSmith  | Deep Cleansing Shower Gel
Kline  | Oxy Balance Maximum Cleaning pads
Gordon  | Gordofilm
Healthpoint  | Ionil Plus
Hope  | Versiclear
IVAX P&S  | Clean & Clear Astringent
Johnson & Johnson  | Clean & Clear Dual Action Moisturizer
Johnson & Johnson  | Clean & Clear Dual Action Patches
Johnson & Johnson  | Clean & Clear Overnight Acne Patches
Johnson & Johnson  | Clean & Clear Invisible Blemish Treatment
Johnson & Johnson  | Clean & Clear Concealing Treatment Stick
Johnson & Johnson  | Clean & Clear Blackhead Clearing Scrub
Johnson & Johnson  | Clean & Clear Deep Action Cream Cleanser
Johnson & Johnson  | Clean & Clear Deep Action Cleansing Wipes
Johnson & Johnson  | Clean & Clear Advantage Acne Cleanser
Johnson & Johnson  | Clean & Clear Clearing Lotion
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<td>L'Oreal Pure Zone Pore Unclogging Scrub</td>
<td>L'Oreal Pure Zone Cleansing Clothes</td>
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<td>Mary Kay</td>
<td>Velocity Facial Cleanser</td>
<td>Sun Essentials Ultimate Protection Sunblock SPF 30</td>
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<td>Velocity Lightweight Moisturizer</td>
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<td>Blemish Control Toner</td>
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<td>Daily Protection Moisturizer with Sunscreen SPF 15</td>
<td>Terme D'Isola Hydrating Body Lotion</td>
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<td>Oil Mattifier</td>
<td>Timewise Visibly Fit Body Lotion</td>
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<td>Medtech</td>
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<td>Compound W Liquid</td>
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<td>Sal-Acid</td>
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<td>Olay Total Effects Anti-aging Wet Clothes</td>
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<td>Noxema 2-in-1 Pads Extra Strength</td>
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<td>Rite Aid Corn &amp; Callus Remover</td>
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<td>Rite Aid Wart Liquid</td>
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<td>Schering-Plough</td>
<td>Clear Away Gel</td>
<td>DuoPlant Gel</td>
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<td>Clear Away Plantar System</td>
<td>Clear Away Liquid</td>
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<td>DuoFilm</td>
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<td>Sirius</td>
<td>Meted (Improved)</td>
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<td>St. Ives</td>
<td>St. Ives Apricot Scrub</td>
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<td>Salicylic Acid and Sulfur Soap</td>
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<td>Summers</td>
<td>SalAc Acne Medication-Cleanser</td>
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<td>Triton</td>
<td>MG 217 Sal-Acid</td>
<td>MG 217 Medicated Tar-Free Shampoo</td>
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**Artículos Misceláneos Que Contienen Los Salicylates**

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<tr>
<th>Antisépticos</th>
<th>Bebidas</th>
<th>Caramelos</th>
<th>Cosméticos</th>
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<td>Block Del Sol</td>
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**Alimentos y plantas que contienen los salicylates**

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<th>Albaricoques</th>
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<th>Manzanas</th>
<th>Acacia</th>
<th>Álamos tembloses</th>
<th>Teaberry</th>
<th>Grosellas espinosas</th>
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<td>Calycanthus</td>
<td>Camellia</td>
<td>Cerezas</td>
<td>Pasas</td>
<td>Sauces</td>
<td>Melocotones</td>
<td>Ciruelos</td>
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<td>Maravilla</td>
<td>Nectarinas</td>
<td>Naranjas</td>
<td>Abedules</td>
<td>Uvas</td>
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<td>Spiraea</td>
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<td>Jacinto</td>
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**Varios Compuestos Salicílicos**

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<tr>
<th>Acetyl Salicylic Acid</th>
<th>Calcium Acetyl Salicylate</th>
<th>Methyl Salicylate</th>
<th>Santyl (Santaly Salicylate)</th>
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<tr>
<td>Aluminum Acetyl Salicylate</td>
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<td>Proacne Salicylate</td>
<td>Sodium Salicylate</td>
<td>Methylene disalicylic acid</td>
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<td>Ammonium Salicylate</td>
<td>Ethyl Salicylate</td>
<td>Sal Ethyl Carbonate</td>
<td>Strongylate</td>
<td>Salicylanilide</td>
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<td>Arthopan</td>
<td>Lithium Salicylate</td>
<td>Salicylsalicylic acid</td>
<td>Strongylite</td>
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Reye’s Syndrome
CAUSE AND CURE: UNKNOWN

Reye’s Syndrome is a frightening, swift-acting disease that most often strikes children and adolescents recovering from viral illnesses. No one is immune.

Research has shown an association between the development of Reye’s Syndrome and the use of aspirin or aspirin-containing medications.

Aspirin and combination products containing aspirin (salicylates) should not be given to children under 19 years of age.

Reye’s Syndrome usually appears soon after a viral illness or upper respiratory infection, such as flu, chicken pox or the common cold.

Symptoms include:
- Continuous or relentless vomiting.
- Listlessness, loss of energy.
- Irritability and combativelessness.
- Confusion and disorientation.
- Aggression, striking out at those trying to help.
- Coma

Time is critical, and if Reye’s Syndrome is suspected, get to a hospital right away. Early diagnosis is vitally important if treatment is to be successful.

Common Aspirin Containing Medicines to Avoid:
- Aspirin
- Alka-Seltzer
- Pepto-Bismol
- Pamprin
- Maalox
- Excedrin
- Aleve
- Kapectate

READ ALL LABELS FOR SALICYLATES

National Reye’s Syndrome Foundation
P. O. Box 829
Bryan, Ohio 43506
1-800-233-7393
www.reyessyndrome.org
nrsf@reyessyndrome.org

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Bryan, Ohio 43506
1-800-233-7393
www.reyessyndrome.org
nrsf@reyessyndrome.org
Reye’s Syndrome usually appears after the flu, chicken pox, or other viral infections.

The early signs of Reye's Syndrome are:

- Vomiting that will not stop
- Difficult to wake up; listless
- Loss of pep, or energy
- Unusual behavior; aggressive, confusion
- Symptoms in infants do not always include vomiting, but may include diarrhea, and rapid shallow breathing

Medicine can mask Reye's Syndrome symptoms so do not give children aspirin or anti-nausea medication.

Phone your doctor immediately if you think your child may have Reye's Syndrome. If your doctor is not available, take the child to the nearest emergency room.

Time is important! Early diagnosis is VITAL!

Never give children under the age of 19 aspirin or products that contain aspirin.

Reye’s Syndrome is a disease that attacks all organs of the body, especially the brain and the liver.

For more information; www.ReyesSyndrome.Org or 800-233-7393

The National Reye's Syndrome Foundation
PO Box 829
Bryan, OH 43506
BE INFORMED ABOUT REYE’S SYNDROME

Reye’s Syndrome usually appears after a flu-like illness, upper respiratory infection, chicken pox, etc. It has been reported in children and adults.

The early signs are usually continuous vomiting, listlessness, loss of pep, aggressiveness, confusion and irrational behavior.

Medicines at the very least can mask symptoms. **DO NOT** give your child aspirin or anti-nausea medicine.

Phone your doctor immediately. If the doctor is unavailable, contact your closest hospital emergency team.

Abnormal Liver Test: SGOT and SGPT strongly suggest a diagnosis of Reye’s Syndrome. Also there may be elevations in the blood ammonia level.

Time is important! **Early diagnosis is VITAL!**

(800) 233-7393  
www.reyessyndrome.org  
Email: nrsf@reyessyndrome.org

National Reye’s Syndrome Foundation, Inc.
Ser informado acerca de Síndrome de Reye

Síndrome de Reye suele aparecer después de una enfermedad como la gripe, infección respiratoria superior, la varicela, etc. Se ha reportado en niños y adultos.

Los primeros signos suelen ser continuos vómitos, apatía, pérdida de energía, agresividad, confusión y comportamiento irracional.

Medicamentos al menos puede enmascarar los síntomas. NO le dé a su niño aspirina o medicamentos contra las náuseas.

Teléfono de su médico de inmediato. Si el médico no está disponible, póngase en contacto con su equipo de emergencia del hospital más cercano.

Anormales de las pruebas hepáticas de prueba: SGOT y SGPT sugieren fuertemente un diagnóstico de Síndrome de Reye. También puede haber elevaciones en el nivel de amoníaco en sangre.

El tiempo es importante! Diagnóstico Precoz es VITAL!

800-233-7393
www.ReyesSyndrome.Org
nrsf@reyessyndrome.org

Nacional de la Fundación Síndrome de Reye
# MEDICATION CHART

<table>
<thead>
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<th>Day / Time Taken</th>
<th>Day / Time Taken</th>
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</table>

**Name of Medicine:** _________________________________  
**Dose:** __________________

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**Other Names for Aspirin**

- Acetyl Salicylic Acid - ASA
- Acetylsalicylate
- Acetylsalicylic Acid
- Aluminum Acetyl Salicylate
- Ammonium Salicylate
- Amyl Salicylate
- Arthropan
- Aspirin
- Benzyl Salicylate
- Butyloctyl Salicylate
- Calcium Acetyl Salicylate
- Choline Salicylate
- Ethyl Salicylate
- Lithium Salicylate
- Methyl Salicylate
- Methylene Disalicylic Acid
- Octisalate
- Octyl Salicylate
- Phenyl Salicylate
- Sal Ethyl Carbonate
- Salicyamide
- Saliclanilide
- Salicylsalicylic Acid
- Santaly Salicylate
- Sodium Salicylate
- Stonylate
- Strontium Salicylate
- Sulfosalicylic Acid
- Tridecyl Salicylate
- Trolamine Salicylate

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**Learn More:**

- [www.reyessyndrome.org](http://www.reyessyndrome.org)
- [reyessyndrome.wordpress.com](http://reyessyndrome.wordpress.com)
- [facebook.com/reyessyndrome](http://facebook.com/reyessyndrome)
- 800-233-7393
Do You Know How To Give Medicine To Children?

If you are caring for a child who needs medicine, it's important that you know how to give the medicine the right way.

Over-the-Counter Drugs

Over-the-counter drugs are also called OTC drugs. They are medications you can buy without a doctor's prescription. You usually find them on drugstore shelves, or in supermarkets and other stores. OTC drugs have information on the bottle or box. Always read this information before using the medicine. This information tells you:

- how much to give
- how often to give it
- what is in the medication
- warnings about using the drug
- if the drug is safe for children. If no dose is given on the bottle or package for children under 12 years old, ask your doctor or pharmacist:
  - Is it OK to give the medicine to my child?
  - How much should I give my child and when?

If the medicine has alcohol in it, as some cough and cold syrups do, you may want to ask the doctor if it's OK for your child to take it.

Before buying the product, make sure the safety seal is not broken. If it's broken or torn, buy another box or bottle with an unbroken seal. Show the product with the broken seal to the pharmacist or sales person.

If your child has a cold, flu, or chickenpox, do not give your child any product with aspirin or similar drugs called salicylates unless your doctor tells you to. Aspirin and other salicylates given to children with symptoms of cold, flu, or chickenpox can cause a rare but sometimes deadly condition called Reye syndrome. Instead of aspirin or other salicylates, you can give your child acetaminophen (sold as Tylenol, Datril, and other brands).

When The Doctor Prescribes The Medicine

If a doctor prescribes a drug for your child, before you leave the doctor's office ask any questions you have about the drug. Some of these questions may be:

- What is the drug and what is it for?
- Will this drug cause a problem with other drugs my child is taking?
- How often does my child need to take this medicine?
- How many days or weeks does my child need to take this medicine?
- What if I miss giving my child a dose?
- How soon will the drug start working?
- What side effects does it have?
- What should I do if my child gets any of these side effects?
- Should I stop giving the medicine when my child gets better?
Is there a less expensive generic version that I can use?

When you get the medicine, check to see if it's the color and size you expected from the doctor's description. If not, ask the pharmacist about it. When filling a prescription, the pharmacist will often give you printed information with the medicine. If you don't understand the information, or if you have questions, ask the pharmacist. If you still have questions, call your doctor.

How To Measure

Liquid medicines usually come with a cup, spoon, or syringe to help measure the right dose. Be sure to use it. The devices that come with the medicine are better for measuring than kitchen spoons because the amount of medicine kitchen spoons hold can differ a lot. For example, one kitchen teaspoon could hold nearly twice as much as another.

The numbers on the side of measuring instruments are usually small, so read them carefully. Here are the most common types of dosing instruments and tips for using them:

Dosage cups
For children who can drink from a cup without spilling. Look closely at the numbers on the side to make sure you get the dose right. Measure out the liquid with the cup at eye level on a flat surface.

Cylindrical dosing spoons
For children who can drink from a cup but are likely to spill. The spoon looks like a wide straw with a small spoon at the top. Measure the liquid in the spoon at eye level. Have the child sip the medicine from the spoon.

Droppers
For children who can't drink from a cup. Put the medicine into the dropper and measure at eye level. Give to the child quickly before the medicine drips out.

Syringes
For children who can't drink from a cup. You can squirt the medicine into the back of the child's mouth where it's less likely to spill out. Some syringes come with caps to prevent the medicine from leaking out. Be sure to remove these caps before giving the medicine to the child, or the child could choke on the cap. Throw away the cap or place it out of reach of children. You can fill a syringe with the right dose and leave it capped for a babysitter to give to your child later. Make sure you tell the sitter to remove the cap before giving the medicine to your child. It's best to use syringes specially made to give medicines to children. But if you find you have to use a hypodermic syringe, always remove the needle first.

Do You Have More Questions?

If you're not sure about the medicine or how to give it to your child, ask your pharmacist or doctor. Or ask the FDA.

The FDA may have an office near you. Look for the number in the blue pages of your phone book. You can also call the FDA on its toll-free number: (888) INFO-FDA (463-6332).

Or you can find the FDA on the Internet at [www.fda.gov](http://www.fda.gov)

The Food and Drug Administration is an agency of the U.S. Department of Health and Human Services that makes sure that medicines given to children work and are safe.

Department of Health and Human Services
Food and Drug Administration
5600 Fishers Lane (HFI-40)
Rockville, MD 20857

FDA05-1115C

Quick Information for Your Health
### Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

**Child’s Name**

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<thead>
<tr>
<th>Birth Date</th>
<th>Birth</th>
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<th>4 MONTHS</th>
<th>6 MONTHS</th>
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<td>○ HepB^1</td>
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<td>Rotavirus</td>
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<td>○ RV</td>
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<td>○ DTaP</td>
<td>○ DTaP</td>
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<td>○ Hib</td>
<td>○ Hib</td>
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<td>Pneumococcal</td>
<td></td>
<td>○ PCV</td>
<td>○ PCV</td>
<td>○ PCV</td>
<td></td>
</tr>
<tr>
<td>Inactivated Poliovirus</td>
<td></td>
<td>○ IPV</td>
<td>○ IPV</td>
<td>○ IPV</td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>○ Influenza, first dose^2</td>
</tr>
</tbody>
</table>

**Milestones**

- Milestone should be achieved by the end of the age indicated.
- Talk to your child’s doctor about age-appropriate milestones if your child was born prematurely.

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Birth</th>
<th>1 MONTH</th>
<th>2 MONTHS</th>
<th>4 MONTHS</th>
<th>6 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recognizes caregiver’s voice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turns head toward breast or bottle</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Communicates through body language, fussing or crying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starts to smile</td>
<td></td>
<td>○</td>
<td>○</td>
<td>○</td>
<td></td>
</tr>
<tr>
<td>Raises head when on tummy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calms down when rocked, cradled or sung to</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Begins to smile at people</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coos, makes gurgling sounds</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Begins to follow things with eyes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can hold head up</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Babble with expression</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Likes to play with people</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Responds to own name</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brings things to mouth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolls over in both directions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knows familiar faces</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brings things to mouth</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Growth**

- At each well child visit, enter date, length, weight, and percentile information to keep track of your child’s progress.

<table>
<thead>
<tr>
<th>Growth</th>
<th>Birth</th>
<th>1 MONTH</th>
<th>2 MONTHS</th>
<th>4 MONTHS</th>
<th>6 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGHT / PERCENTILE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LENGTH / PERCENTILE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HEAD CIRCUMFERENCE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Shaded boxes indicate the vaccine can be given during shown age range.

**Remember:** Never give a child aspirin or aspirin products - you could trigger Reye's Syndrome: [www.reyessyndrome.org](http://www.reyessyndrome.org)

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^1 The second dose of HepB may be given either at the 1 month or 2 month visit.

^2 Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time. For some other children in this age group, two doses given at least four weeks apart are also recommended. Get more info: [www.cdc.gov/vaccines/recs/schedules/index.html](http://www.cdc.gov/vaccines/recs/schedules/index.html)


If your child has any medical conditions that put him at risk for infections or is traveling outside the United States, talk to your child’s doctor about additional vaccines that he may need.


Last updated on 01/18/2013 - CS29743-8
# Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

<table>
<thead>
<tr>
<th>Child's Name</th>
<th>Birth Date</th>
</tr>
</thead>
</table>

## Recommended Immunizations

<table>
<thead>
<tr>
<th>Age</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 MONTHS</td>
<td><strong>Hepatitis B</strong> (First dose administered between 6 and 18 months)</td>
</tr>
<tr>
<td>15 MONTHS</td>
<td><strong>DTaP</strong></td>
</tr>
<tr>
<td>18 MONTHS</td>
<td><strong>Hib</strong></td>
</tr>
<tr>
<td>19-23 MONTHS</td>
<td><strong>PCV</strong></td>
</tr>
<tr>
<td>2-3 YEARS</td>
<td><strong>IPV</strong></td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td><strong>Inactivated Poliovirus</strong></td>
</tr>
<tr>
<td>2-3 YEARS</td>
<td><strong>Meningococcal</strong></td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td><strong>Influenza</strong>, first dose 2nd dose (if needed)</td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td><strong>Measles, Mumps, Rubella</strong></td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td><strong>Varicella</strong></td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td><strong>Hepatitis A</strong></td>
</tr>
</tbody>
</table>

### Milestones

- **Cries when mom or dad leaves**
- **Says "mama" and "dada"**
- **Copies gestures (for example, waves "bye bye")**
- **May stand alone**
- **Imitates what you are doing**
- **Drinks from a cup**
- **Copies gestures (for example, waves "bye bye")**
- **May stand alone**
- **Points to show others something interesting**
- **Says several single words**
- **Points to one body part**
- **May walk up steps and run**
- **Plays mainly beside other children**
- **Follows two-step commands**
- **Plays simple make-believe games**
- **Throws ball overhand**
- **Can name most familiar things**
- **Shows affection for friends without prompting**
- **Turns book pages one at a time**
- **Speaks very clearly**
- **Tells stories**
- **Can print some letters or numbers**
- **Hops; may be able to skip**

### Growth

<table>
<thead>
<tr>
<th>Age</th>
<th>WEIGHT / PERCENTILE</th>
<th>LENGTH / PERCENTILE</th>
<th>HEAD CIRCUMFERENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 MONTHS</td>
<td>WEIGHT / PERCENTILE</td>
<td>LENGTH / PERCENTILE</td>
<td>HEAD CIRCUMFERENCE</td>
</tr>
<tr>
<td>15 MONTHS</td>
<td>WEIGHT / PERCENTILE</td>
<td>LENGTH / PERCENTILE</td>
<td>HEAD CIRCUMFERENCE</td>
</tr>
<tr>
<td>18 MONTHS</td>
<td>WEIGHT / PERCENTILE</td>
<td>LENGTH / PERCENTILE</td>
<td>HEAD CIRCUMFERENCE</td>
</tr>
<tr>
<td>19-23 MONTHS</td>
<td>WEIGHT / PERCENTILE</td>
<td>LENGTH / PERCENTILE</td>
<td>HEAD CIRCUMFERENCE</td>
</tr>
<tr>
<td>2-3 YEARS</td>
<td>WEIGHT</td>
<td>HEIGHT</td>
<td>BMI</td>
</tr>
<tr>
<td>4-6 YEARS</td>
<td>WEIGHT</td>
<td>HEIGHT</td>
<td>BMI</td>
</tr>
</tbody>
</table>

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**Shaded boxes indicate the vaccine can be given during shown age range.**

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**Milestones adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents.**

---

### 2013 Recommended Immunizations for Children from 7 Through 18 Years Old

**Remember:** Never give a child under 19 aspirin or aspirin products without consulting your doctor first. Learn more: reyessyndrome.org

<table>
<thead>
<tr>
<th>7–10 YEARS</th>
<th>11-12 YEARS</th>
<th>13-18 YEARS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tdap</strong> 1</td>
<td>Tetanus, Diphtheria, Pertussis (Tdap) Vaccine</td>
<td>Tdap</td>
</tr>
<tr>
<td>Human Papillomavirus (HPV) Vaccine (3 Doses) 2</td>
<td><strong>HPV</strong></td>
<td></td>
</tr>
<tr>
<td><strong>MCV4</strong></td>
<td><strong>Meningococcal Conjugate Vaccine (MCV4) Dose 1</strong> 3</td>
<td><strong>MCV4 Dose 1</strong> 3</td>
</tr>
<tr>
<td>Influenza (Yearly) 4</td>
<td><strong>Booster at age 16 years</strong></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal Vaccine 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis A (HepA) Vaccine Series 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis B (HepB) Vaccine Series</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inactivated Polio Vaccine (IPV) Series</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles, Mumps, Rubella (MMR) Vaccine Series</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Varicella Vaccine Series</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**FOOTNOTES**

1 Tdap vaccine is combination vaccine that is recommended at age 11 or 12 to protect against tetanus, diphtheria and pertussis. If your child has not received any or all of the DTaP vaccine series, or if you don’t know if your child has received these shots, your child needs a single dose of Tdap when they are 7–10 years old. Talk to your child’s health care provider to find out if they need additional catch-up vaccines.

2 All 11 or 12 year olds – both girls and boys – should receive 3 doses of HPV vaccine to protect against HPV-related disease. Either HPV vaccine (Cervarix® or Gardasil®) can be given to girls and young women; only one HPV vaccine (Gardasil®) can be given to boys and young men.

3 Meningococcal conjugate vaccine (MCV) is recommended at age 11 or 12. A booster shot is recommended at age 16. Teens who received MCV for the first time at age 13 through 15 years will need a one-time booster dose between the ages of 16 and 18 years. If your teenager missed getting the vaccine altogether, ask their health care provider about getting it now, especially if your teenager is about to move into a college dorm or military barracks.

4 Everyone 6 months of age and older—including preteens and teens—should get a flu vaccine every year. Children under the age of 9 years may require more than one dose. Talk to your child’s health care provider to find out if they need more than one dose.

5 Pneumococcal Vaccine (PCV13) is recommended for children who are 6 – 18 years old with certain medical conditions that place them at high risk. Talk to your healthcare provider about pneumococcal vaccine and what factors may place your child at high risk for pneumococcal disease.

6 Hepatitis A vaccination is recommended for older children with certain medical conditions that place them at high risk. HepA vaccine is licensed, safe, and effective for all children of all ages. Even if your child is not at high risk, you may decide you want your child protected against HepA. Talk to your healthcare provider about HepA vaccine and what factors may place your child at high risk for HepA.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit http://www.cdc.gov/vaccines/teens
**Vaccine-Preventable Diseases and the Vaccines that Prevent Them**

**Diphtheria (Can be prevented by Tdap vaccine)**
Diphtheria is a very contagious bacterial disease that affects the respiratory system, including the lungs. Diphtheria bacteria can be passed from person to person by direct contact with droplets from an infected person’s cough or sneeze. When people are infected, the diphtheria bacteria produce a toxin (poison) in the body that can cause weakness, sore throat, low-grade fever, and swollen glands in the neck. Effects from this toxin can also lead to swelling of the heart muscle and, in some cases, heart failure. In severe cases, the illness can cause coma, paralysis, and even death.

**Measles (Can be prevented by MMR vaccine)**
Measles is one of the most contagious viral diseases. Measles can last from several days to weeks. Influenza may lead to hospitalization with objects, food, or drinks contaminated by the feces (stool) of an infected person. Symptoms include fever, tiredness, loss of appetite, nausea, abdominal discomfort, dark urine, and jaundice (yellowing of the skin and eyes). An infected person may have no symptoms, may have mild illness for a week or two, or may have severe illness for several months that requires hospitalization. In the U.S., about 100 people a year die from hepatitis A.

**Hepatitis A (Can be prevented by HepA vaccine)**
Hepatitis A is an infection in the liver caused by hepatitis A virus. The virus is spread primarily person-to-person through the fecal-oral route. In other words, the virus is taken in by mouth from contact with objects, food, or drinks contaminated by the feces (stool) of an infected person. Symptoms include fever, tiredness, loss of appetite, nausea, abdominal discomfort, dark urine, and jaundice (yellowing of the skin and eyes). An infected person may have no symptoms, may have mild illness for a week or two, or may have severe illness for several months that requires hospitalization. In the U.S., about 100 people a year die from hepatitis A.

**Hepatitis B (Can be prevented by HepB vaccine)**
Hepatitis B is an infection of the liver caused by hepatitis B virus. The virus spreads through exchange of blood or other body fluids, for example, from sharing personal items, such as razors or during sex. Hepatitis B causes a flu-like illness with loss of appetite, nausea, vomiting, rashes, joint pain, and jaundice. The virus stays in the liver of some people for the rest of their lives and can result in several liver diseases, including fatal cancer.

**Human Papillomavirus (Can be prevented by HPV vaccine)**
Human papillomavirus is a common virus. HPV is most common in people in their teens and early 20s. It is the major cause of cervical cancer in women and genital warts in women and men. The strains of HPV that cause cervical cancer and genital warts are spread during sex.

**Influenza (Can be prevented by annual flu vaccine)**
Influenza is a highly contagious viral infection of the nose, throat, and lungs. The virus spreads easily through droplets when an infected person coughs or sneezes and can cause mild to severe illness. Typical symptoms include a sudden high fever, chills, a dry cough, headache, muscle aches, joint pain, and vomiting. Extreme fatigue can last from several days to weeks. Influenza may lead to hospitalization or even death, even among previously healthy children.

**Measles (Can be prevented by MMR vaccine)**
Measles is one of the most contagious viral diseases. Measles virus is spread by direct contact with the airborne respiratory droplets of an infected person. Measles is so contagious that just being in the same room after a person who has measles has already left can result in infection. Symptoms usually include a rash, fever, cough, and red, watery eyes. Fever can persist, rash can last for up to a week, and coughing can last about 10 days. Measles can also cause pneumonia, seizures, brain damage, or death.

**Meningococcal Disease (Can be prevented by MCV vaccine)**
Meningococcal disease is caused by bacteria and is a leading cause of bacterial meningitis (infection around the brain and spinal cord) in children. The bacteria are spread through the exchange of nose and throat droplets, such as when coughing, sneezing or kissing. Symptoms include nausea, vomiting, sensitivity to light, confusion and sleepiness. Meningococcal disease is also a leading cause of meningitis in adults. About one of every ten people who get the disease dies from it. Survivors of meningococcal disease may lose their arms or legs, become deaf, have problems with their nervous systems, become developmentally disabled, or suffer seizures or strokes.

**Mumps (Can be prevented by MMR vaccine)**
Mumps is an infectious disease caused by the mumps virus, which is spread in the air by a cough or sneeze from an infected person. A child can also get infected with mumps by coming in contact with a contaminated object, like a toy. The mumps virus causes fever, headaches, painful swelling of the salivary glands under the jaw, fever, muscle aches, tiredness, and loss of appetite. Severe complications for children who get mumps are uncommon, but can include meningitis (infection of the covering of the brain and spinal cord), encephalitis (inflammation of the brain), permanent hearing loss, or swelling of the testes, which rarely can lead to sterility in men.

**Pertussis (Whooping Cough) (Can be prevented by Tdap vaccine)**
Pertussis is caused by bacteria spread through direct contact with respiratory droplets when an infected person coughs or sneezes. In the beginning of pertussis, symptoms are similar to the common cold, including runny nose, sneezing, and cough. After 1-2 weeks, pertussis can cause spells of violent coughing and choking, making it hard to breathe, drink, or eat. This cough can last for weeks. Pertussis is most serious for babies, who can get pneumonia, have seizures, become brain damaged, or even die. About two-thirds of children under 1 year of age who get pertussis must be hospitalized.

**Pneumococcal Disease (Can be prevented by Pneumococcal vaccine)**
Pneumococcal disease spreads when people cough or sneeze. It can also spread from the blisters on the skin, either by touching them or by breathing in these viral particles. Typical symptoms of pneumococcal disease include a sudden high fever, chills, a dry cough, and headache. Many people have the bacteria in their nose or throat at one time or another without being ill — this is known as being a carrier.

**Polio (Can be prevented by IPV vaccine)**
Polio is caused by a virus that lives in an infected person’s throat and intestines. It spreads through contact with the feces (stool) of an infected person and through droplets from a sneeze or cough. Symptoms typically include sudden fever, sore throat, headache, muscle weakness, and pain. In about 1% of cases, polio can cause paralysis. Among those who are paralyzed, up to 5% of children may die because they become unable to breathe.

**Rubella (German Measles) (Can be prevented by MMR vaccine)**
Rubella is caused by a virus that is spread through coughing and sneezing. In children rubella usually causes a mild illness with fever, swollen glands, and a rash that lasts about 3 days. Rubella rarely causes serious illness or complications in children, but it can be very serious to a baby in the womb. If a pregnant woman is infected, the result to the baby can be devastating, including miscarriage, serious heart defects, mental retardation and loss of hearing and eye sight.

**Tetanus (Lockjaw) (Can be prevented by Tdap vaccine)**
Tetanus is caused by bacteria found in soil. The bacteria enters the body through a wound, such as a deep cut. When people are infected, the bacteria produce a toxin (poison) in the body that causes serious, painful spasms and stiffness of all muscles in the body. This can lead to “locking” of the jaw so a person cannot open his or her mouth, swallow, or breathe. Complete recovery from tetanus can take months. Three of ten people who get tetanus die from the disease.

**Varicella (Chickenpox) (Can be prevented by varicella vaccine)**
Chickenpox is caused by the varicella zoster virus. Chickenpox is very contagious and spreads very easily from infected people. The virus can spread from either a cough, sneeze. It can also spread from the blisters on the skin, either by touching them or by breathing in these viral particles. Typical symptoms of chickenpox include an itchy rash with blisters, tiredness, headache, and fever. Chickenpox is usually mild, but it can lead to severe skin infections, pneumonia, encephalitis (brain swelling), or even death.

If you have any questions about your child’s vaccines, talk to your healthcare provider.
### 7 a 10 AÑOS
- **La vacuna Tdap**
- MCV4

### 11 a 12 AÑOS
- **Tetanus, Diphtheria, Pertussis (Tdap) Vaccine**
- La vacuna HPV (3 dosis)
- La vacuna meningocócica conjugada (MCV4) 1 dosis
- Influenza (anual)

### 13 a 18 AÑOS
- **La vacuna Tdap**
- **La vacuna HPV**
- **Dosis de la vacuna MCV4**
- **Vacuna de refuerzo a los 16 años**

### NOTAS A PIE DE PÁGINA
1. La vacuna Tdap es una vacuna combinada que se recomienda a los 11 o 12 años de edad para proteger contra el tétanos, la difteria y la pertusis. Si a su hijo no le han puesto ninguna vacuna de la serie DTaP, o si usted no sabe si a su niño le han puesto estas vacunas, su hijo necesita una sola dosis de la vacuna Tdap cuando tiene entre 7 a 10 años de edad. Converse con el proveedor médico de su niño para ver si necesita vacunas de actualización.

2. A todos los niños de 11 o 12 años de edad, tanto varones como mujeres, se les debe poner 3 dosis de la vacuna HPV para protegerlos contra enfermedades relacionadas con el HPV [Virus del papiloma humano]. A las niñas y a las mujeres jóvenes se les puede poner cualquiera de las vacunas contra el HPV, ya sea Cervarix® o Gardasil®, a los niños y los hombres jóvenes se les puede poner solamente una vacuna contra el HPV, es decir, Gardasil®.

3. La vacuna meningocócica conjugada (MCV) se recomienda a la edad de 11 o 12 años. A los 16 años de edad se recomienda una vacuna de refuerzo. A los adolescentes que se les puso la vacuna MCV por primera vez entre los 13 y 15 años de edad se les tiene que poner una dosis de refuerzo entre los 16 y 18 años de edad. Si su adolescente no se puso la vacuna, pidale a su proveedor de salud que se la pongan, especialmente si su adolescente está por mudarse a una residencia universitaria o barracas militares.

4. Todas las personas de 6 meses de edad en adelante, entre ellos, los preadolescentes y los adolescentes, deben ponerse una vacuna contra la influenza todos los años. Los niños menores de 9 años de edad podrían necesitar ponerse más de una dosis. Hable con el proveedor de salud de su niño para saber si necesita ponerse más de una dosis.

5. Se recomienda una sola dosis de la Vacuna Neumocócica Conjugada (PCV13) para los niños entre 6 y 18 años de edad que tienen ciertas condiciones médicas que los ponen en mayor riesgo. Converse con su proveedor médico sobre la vacuna neumocócica y sobre qué factores podrían poner a su niño en mayor riesgo de contraer la enfermedad neumocócica.

6. La vacuna contra la hepatitis A se recomienda para los niños mayores que tienen ciertas condiciones médicas que los ponen en mayor riesgo. La vacuna HepA está autorizada, es segura y eficaz para niños de todas las edades. Incluso si su niño no se encuentra en alto riesgo de contraerse de esta enfermedad, usted podría desear proteger a su hijo contra la HepA. Converse con su proveedor médico sobre la vacuna HepA y sobre qué factores podrían poner a su niño en mayor riesgo de contraer la HepA.

Para obtener mayor información, llame gratuitamente al 1-800-CDC-INFO (1-800-232-4636) o visite el sitio web: http://www.cdc.gov/vaccines/teens
La difteria (Se puede prevenir con la vacuna Tdap)
La difteria es una enfermedad muy contagiosa producida por una bacteria que afecta al sistema respiratorio, incluso los pulmones. La bacteria de la difteria se puede propagar de una persona a otra a través del contacto directo con las micro-gotas de la tos o el estornudo de una persona infectada. Cuando las personas están infectadas, la bacteria de la difteria produce una toxina (veneno) en el cuerpo que puede causar debilidad, dolor de la garganta, fiebre baja e inflamación de las glándulas en el cuello. Los efectos de esta toxina también pueden conllevar inflamación del músculo del corazón y, en algunos casos, falla cardíaca. En los casos graves, la enfermedad puede causar coma, parálisis y hasta la muerte.

La hepatitis A (Se puede prevenir con la vacuna HepA)
La hepatitis A es una infección del hígado causada por el virus de la hepatitis A. El virus se transmite principalmente de persona a persona a través de la ruta fecal-oral. En otras palabras, el virus se recibe por la boca a partir del contacto con objetos, alimentos o bebidas contami­nadadas por las heces (excremento) de una persona infectada. Entre los síntomas se encuentran: fiebre, cansancio, pérdida del apetito, náuseas, malestar abdominal, orina de color oscuro e ictericia (color amarillento de la piel y los ojos). Una persona infectada por el virus puede no tener síntomas, puede tener un caso leve de la enfermedad por una semana o dos, o puede tener un caso grave de la enfermedad por varios meses que requiere de hospitalización. En los Estados Unidos, alrededor de 100 personas al año mueren a consecuencia de la hepatitis A.

La hepatitis B (Se puede prevenir con la vacuna HepB)
La hepatitis B es una infección del hígado causada por el virus de la B. El virus se transmite a través del intercambio de sangre u otros fluidos corporales corporales, como por ejemplo, el intercambio de árboles personales, tales como navajas de afeitar o mediante el contacto sexual (coito). La hepatitis B causa una enfermedad parecida a la gripe, con pérdida del apetito, náuseas, vómitos, sabor amargo en la boca, dolor de la articulación y ictericia. El virus se aloja en el hígado de algunas personas por el resto de sus vidas y puede resultar en enfermedades hepáticas graves, entre ellas, el cáncer del hígado.

El virus del papiloma humano (Se puede prevenir con la vacuna HPV)
El virus del papiloma humano es un virus bastante común. El HPV es más común en las personas durante los años de la adolescencia y principios de sus 20 años. Es la causa principal del cáncer del cuello del útero en las mujeres y de las verrugas genitales tanto en las mujeres como en los hombres. Las cepas del HPV que causan cáncer del cuello del útero y verrugas genitales se transmiten por contacto sexual (coito).

La influenza (Se puede prevenir con la vacuna anual contra la influenza)
La influenza es una infección viral de la nariz, la garganta y los pulmones altamente contagiosa. El virus se transmite fácilmente a través de las micro-gotas de la tos o el estornudo de una persona infectada y puede causar una enfermedad que oscila de leve a grave. Entre los síntomas más comunes se encuentra fiebre alta repentina, escalofríos, tos seca, dolor de cabeza, secreción nasal, dolor de garganta y dolores musculares y de las articulaciones. La fatiga aguda puede durar de varios días a semanas. La influenza puede conllevar a la hospitalización o hasta causar la muerte, incluso en niños que anteriormente hayan sido sanos.

El sarampión (Se puede prevenir con la vacuna MMR)
El sarampión es una de las enfermedades virales más contagiosas que existen. El virus del sarampión se transmite mediante el contacto directo con las micro-gotas respiratorias suspendidas en el aire de una persona infectada. El sarampión es tan contagioso que el tan solo estar en la misma habitación en la que haya estado una persona con sarampión puede suficiente exposición para que se infecciones. Entre los síntomas se encuentran: la fiebre puede ser persistente, el sarpullido puede durar hasta una semana y la tos puede durar alrededor de 10 días. El sarampión también puede causar neumonía, convulsiones, daños cerebrales o la muerte.

La enfermedad meningocócica (Se puede prevenir con la vacuna MCV)
La enfermedad meningocócica es causada por una bacteria y es la causa principal de la meningitis bacteriana (la infección de las membranas que cubren el cerebro y la espina dorsal) en los niños. Las bacterias se transmiten a través del intercambio de micro-gotas nasales y de la garganta al toser, estornudar y besar. Entre los síntomas se encuentran: náuseas, vómitos, sensibilidad a la luz, confusión y somnolencia. La enfermedad meningocócica también causa infecciones sanguíneas. Alrededor de una de cada diez personas que contrae la enfermedad muere a consecuencia de ella. Los sobrevivientes de la enfermedad meningocócica pueden perder los brazos o las piernas, quedarse sordos, tener problemas en el sistema nervioso, tener discapacidades del desarrollo, o sufrir convulsiones o nódulos o derrames cerebrales (apoplejías).

Las papas (Se puede prevenir con la vacuna MMR)
Las papas son una enfermedad infeciosa causada por el virus de las papas, el cual se transmite por el aire cuando una persona infectada tose o estornuda. La enfermedad puede causar enfermedades graves, la enfermedad puede causar enfermedades graves, la enfermedad puede causar enfermedades graves, la enfermedad puede causar enfermedades graves, la enfermedad puede causar enfermedades graves, la enfermedad puede causar enfermedades graves. Entre los síntomas más comunes se encuentran: fiebre, dolores de cabeza, debilidad y dolor muscular. En alrededor del 1% de los casos, la enfermedad puede causar parálisis. Entre las personas que resultan paralizadas, hasta el 3% de los niños pueden morir porque no pueden respirar.

La polio (Se puede prevenir con la vacuna IPV)
La polio es una enfermedad causada por un virus que vive en la garganta o los intestinos de una persona infectada. Se transmite a través del contacto con las heces (excremento) de una persona infectada y a través de las micro-gotas de un estornudo o tos. Entre los síntomas más comunes se encuentran: fiebre repentina, dolor de garganta, dolor de cabeza, debilidad y dolor muscular. En alrededor del 1% de los casos, la enfermedad puede causar parálisis. Entre las personas que resultan paralizadas, hasta el 3% de los niños pueden morir porque no pueden respirar.

La rubéola (Sarampión alemán) (Se puede prevenir con la vacuna MMR)
La rubéola es una enfermedad causada por un virus que se transmite a través de la tos y el estornudo. En los niños, la rubéola normalmente causa una enfermedad leve con fiebre, inflamación de las glándulas y un sarpullido que dura varios días. La rubéola, también conocida como enfermedad grave o complicaciones en los niños, pero puede ser muy grave para un bebé en el vientre. Si una mujer embarazada se contagiara de la enfermedad, el resultado de la misma en el bebé puede ser devastador, entre ellos: aborto espontáneo, defectos cardiacos graves, retardo mental y pérdida de la audición y de la vista.

El tétanos (Trismo) (Se puede prevenir con la vacuna Tdap)
El tétanos es una enfermedad causada por bacterias que se encuentran en la tierra. La bacteria ingresa al cuerpo a través de una herida, tal como una cortadura profunda. Cuando las personas se infectan, la bacteria produce una toxina (veneno) en el cuerpo que causa espasmos graves y rigidez dolorosa de todos los músculos del cuerpo. Esto puede conllevar al “cierre y bloqueo” de la mandíbula de modo que la persona no puede abrir la boca, ni tragar, ni respirar. La recuperación total del tétanos puede tomar meses. Tres de cada diez personas que tienen tétanos mueren a consecuencia de la enfermedad.

La varicela (Se puede prevenir con la vacuna contra la varicela)
La varicela es una enfermedad causada por el virus de la varicela-zóster. La varicela es altamente contagiosa y se transmite con mucha facilidad a partir las personas infectadas. El virus se puede transmitir a partir de la tos o el estornudo. También se puede transmitir a partir de las ampollas en la piel, ya sea al tocarlas o al respirar estas partículas virales. Entre los síntomas más comunes de la varicela se encuentran: sarpullido con picazón y ampollas, cansancio, dolor de cabeza y fiebre. Normalmente, la varicela es una enfermedad leve, pero puede conllevar a infecciones de la piel graves, neumonía, encefalitis (inflamación del cerebro) o incluso, la muerte.

Si tiene alguna pregunta acerca de las vacunas de su niño, hable con su proveedor médico.