

## Know Your Symptoms—Know Your Medicine

<b>Your Symptoms</b> (Including the type of products that treat those symptoms)	<b>Active Ingredients</b> (Examples of some of the active ingredients that may be included in some OTC products for the corresponding symptoms)	<b>Your Medicine (Tips and Facts)</b> (Examples of some—not all—information you should know about specific medicines)
<ul style="list-style-type: none"> <li>• Allergy</li> </ul>	<p><b>Oral active ingredients</b> include: brompheniramine, cetirizine, chlorpheniramine, diphenhydramine, doxylamine, and loratadine</p>	<p><b>Tips</b> Some antihistamines can cause drowsiness, so read the label and exercise caution, especially when considering whether to drive or not.</p>
<ul style="list-style-type: none"> <li>• Congestion, Runny Nose, and Sinus Pressure</li> </ul>	<p><b>Oral nasal decongestants</b> include phenylephrine and pseudoephedrine.</p> <p><b>Topical nasal decongestants</b> include phenylephrine, oxymetazoline, and xylometazoline.</p>	<p><b>Tips</b> People with heart disease or high blood pressure need to read labels carefully and talk to their doctor or pharmacist before taking decongestants.</p> <p>Do not use topical nasal decongestants (nasal sprays or gels) for more than 3 days, because frequent or prolonged use may cause nasal congestion to recur or worsen.</p> <p>Talk to your doctor before using an oral nasal decongestant if you are taking a prescription drug for treating depression, or psychiatric or emotional conditions. Taking an oral nasal decongestant can lead to a dangerous drug interaction if you are taking a monoamine oxidase inhibitor (MAOI) for one of these conditions.</p>
<ul style="list-style-type: none"> <li>• Cough</li> </ul>	<p><b>Oral active ingredients</b> include dextromethorphan, diphenhydramine, and guaifenesin.</p> <p><b>Topical active ingredients</b> include camphor and menthol.</p>	<p><b>Tips</b> Cough medicines may contain additional active ingredients to treat more than just cough; be sure to read the label carefully.</p> <p>Drink plenty of fluids—unless a doctor tells you not to—while taking products containing guaifenesin.</p> <p>Dextromethorphan sometimes is abused by young people, so be aware of the possibility for abuse if you have a teen in the house. More information is available at <a href="http://www.StopMedicineAbuse.org">www.StopMedicineAbuse.org</a>.</p>



## Know Your Symptoms—Know Your Medicine

Your Symptoms	Active Ingredients	Your Medicine
<ul style="list-style-type: none"> <li>Fever</li> </ul>	<p>Acetaminophen, aspirin, ibuprofen, ketoprofen, and naproxen (Acetylsalicylic acid is another name for aspirin.)</p>	<p><b>Tips</b></p> <p>Never use longer than the label instructs or at higher doses, unless your doctor specifically tells you to.</p> <p>Do not take more than one medicine with the same active ingredient.</p> <p>If fever gets worse or last more than three days, see your healthcare provider.</p> <p>Aspirin-containing products should not be given to children or teenagers for cold or flu symptoms, unless under the direction of a doctor.</p>
<ul style="list-style-type: none"> <li>Heartburn, Acid Indigestion, or Upset Stomach</li> </ul>	<p>Acid reducers include famotidine, cimetidine, nizatidine, ranitidine, and omeprazole.</p>	<p><b>Tips</b></p> <p>Antacids include sodium or potassium bicarbonate; aluminum phosphate or hydroxide; magnesium carbonate, trisilicate, hydroxide, or oxide; and calcium carbonate. Check the “warnings” section carefully for symptoms to guard against, as some can be signs of a problem more serious than heartburn.</p> <p>Make lifestyle changes since certain foods and medicines, caffeine, smoking, and overeating can make heartburn worse.</p> <p>If taking a prescription drug, be sure to read the insert you get when you fill the prescription or talk to your pharmacist or doctor to know when, how, and if you can take an antacid.</p> <p>Be sure to check antacid labels for sodium content if you are on a low-salt diet.</p> <p>Do not give acid reducers to children under 12 years of age unless under a doctor’s advice.</p>



## Know Your Symptoms—Know Your Medicine

Your Symptoms	Active Ingredients	Your Medicine
<ul style="list-style-type: none"> <li>Headaches and Minor Aches and Pains</li> </ul>	<p><b>Internal analgesic active ingredients</b> include: acetaminophen, aspirin, ibuprofen, ketoprofen, and naproxen. Nonsteroidal anti-inflammatory medicines (also known as NSAIDs) refer to aspirin, ibuprofen, ketoprofen, and naproxen. Acetylsalicylic acid is another name for aspirin.</p> <p><b>External analgesic active ingredients</b> include: benzocaine, dibucaine, lidocaine, pramoxine, tetracaine, benzyl alcohol, camphor, menthol, phenol, resorcinol, diphenhydramine, hydrocortisone, methyl salicylate, capsaicin, capsicum, and bentoquatam.</p>	<p><b>Tips</b></p> <p><b>Special Tips for Internal Analgesics:</b></p> <p>Never use longer than the label instructs or at higher doses, unless your doctor specifically tells you to do so.</p> <p>Do not take more than one medicine with the same active ingredient.</p> <p>Aspirin-containing products should not be given to children or teenagers for cold or flu symptoms, unless under the direction of a doctor.</p> <p><b>Special Tips for External Analgesics:</b></p> <p>Because the ingredients in this category treat a wide range of conditions, there is no substitute for reading the label carefully. Choose and use the right product for a specific condition. Never guess, and do not mix and match various products on your own.</p> <p>These medicines are for external use only, and you should avoid contact with the eyes.</p> <p>If the condition worsens, or if symptoms last for more than 7 days, ask a doctor.</p> <p>While some of these ingredients are used to relieve pain or itching from minor scrapes or cuts, some should not be applied to wounds or damaged skin, so read the label closely and choose the right product for your condition.</p> <p>Be sure to pay special attention and follow any warnings against using many of these medicines over large areas of the body. This includes warnings against bandaging the affected areas.</p>

