

What if my child has too much?

Too much paracetamol can damage your child's liver

- If your child has had too much, call your doctor, nurse or the Poisons Centre 0800 POISON (0800 764 766) immediately
- Signs of overdose may include nausea, vomiting, diarrhoea, yellow skin or eyes, poor appetite, confusion or extreme sleepiness

Remember

Ask questions if you have any concerns

- Keep all medicines out of reach and out of sight of children
- Before each dose, check if it is still needed
- Know the right dose to give and check the label for the correct strength; do not rely on the colour or flavour to check the strength
- Wait at least **4** hours between doses, give no more than **4** times in **24** hours

- If someone else has been caring for your child, ask if they have given paracetamol, how much and when
- Check other medicines given, they may have paracetamol in them
- Always keep medicines in their original bottles, do not refill them from other containers

Contact numbers

- Healthline has free 24 hour health advice **0800 611 116**
- If your child has had too much, call your doctor, nurse or the Poisons Centre **0800 POISON** (0800 764 766) immediately

This is a guide only and not a replacement for advice and care of your doctor, pharmacist (chemist) or nurse



Giving paracetamol safely to babies and children

Giving too much can be dangerous

