Things to remember
Ask questions if you have any concerns.

- Keep all medicines out of reach and out of sight of children.
- Check if it is still needed before each dose.
- Know the right dose to give and 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.

Record of doses given

<table>
<thead>
<tr>
<th>Child’s name</th>
<th>Weight (kg)</th>
<th>Strength 120mg/5mL or 250mg/5mL</th>
<th>Dose (mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Contact numbers

- Healthline has free 24hr 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.

To re-order, e-mail feedback@saferx.co.nz
Before every dose

Check your child to see if it is still needed.

- Wait at least four hours between doses; give no more than four times in 24 hours.
- Keep track of doses and check when it was last given before giving it again.

What is paracetamol?

It is a medicine to help reduce pain and make children with fever feel better.

- It will not cause drowsiness or cause your child to sleep.
- It can be used for children and babies over three months old.
- Younger babies must see the doctor.

What is the correct dose?

The dose depends on your child’s weight and the strength of paracetamol.

- Weigh your child, then check the dosing table.

Dosing table

<table>
<thead>
<tr>
<th>Child’s weight (kg)</th>
<th>120mg/5mL</th>
<th>250mg/5mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>5kg or less</td>
<td>Ask doctor</td>
<td>Ask doctor</td>
</tr>
<tr>
<td>6.5kg</td>
<td>4mL</td>
<td>2mL</td>
</tr>
<tr>
<td>8kg</td>
<td>5mL</td>
<td>2.5mL</td>
</tr>
<tr>
<td>10kg</td>
<td>6mL</td>
<td>3mL</td>
</tr>
<tr>
<td>15kg</td>
<td>9mL</td>
<td>4.5mL</td>
</tr>
<tr>
<td>20kg</td>
<td>12mL</td>
<td>6mL</td>
</tr>
<tr>
<td>30kg</td>
<td>18mL</td>
<td>9mL</td>
</tr>
<tr>
<td>40kg</td>
<td>25mL</td>
<td>12mL</td>
</tr>
</tbody>
</table>

Always measure doses exactly. Ask your pharmacist or nurse for an oral syringe.

Where should I keep paracetamol?

Keep it in a high place out of reach and out of sight of children.

- The most common cause of poisoning is by children helping themselves.
- It does not need to be chilled: do not keep it in the fridge.
- It should have a child-resistant cap - ask your pharmacist.

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 an overdose may include nausea, vomiting, diarrhoea, yellow skin or eyes, poor appetite, confusion or extreme sleepiness.

Does my child need it?

Only give paracetamol if it is necessary.

- Use it if your child needs pain relief.
- Use it if your child feels very hot (temperature over 38.5°C) and is miserable.
- It is not recommended to routinely give paracetamol before or after regular vaccinations.