Remember: Ask questions if you have any concerns

- Keep all medicines out of reach of children
- Before each dose, check if it is still needed
- 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 hrs
- If someone else has been caring for your child, ask if they have given them paracetamol, how much and when
- Check other medicines given; they may have paracetamol in them

Find a record of doses given:

**Record of doses given**

- **Child’s name:**

<table>
<thead>
<tr>
<th>Date and time</th>
<th>Weight (kg)</th>
<th>Strength 120mg/5mL</th>
<th>Strength 250mg/5mL</th>
<th>Dose (mL)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</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 immediately 0800 POISON (0800 764 766)

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**

**Too much paracetamol can be dangerous**
**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 3 months old
- Younger babies must see the doctor

**Does my child need it?**

Only give paracetamol if it is necessary

- Use it if your child feels very hot (temperature over 38.5°C) and is miserable

**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
- Check the strength, there are 2 strengths
- Ask the pharmacist, doctor or nurse to show you

**Dosing table**

<table>
<thead>
<tr>
<th>Childs weight (kg)</th>
<th>120mg per 5mL</th>
<th>250mg per 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>

**Before every dose**

Check your child to see if it is still needed

- Wait at least 4 hours between doses; give no more than 4 times in 24 hours
- Keep track of doses; record in the table (overleaf) and check when it was last given

**Where should I keep paracetamol?**

Keep it in a high place out of reach 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 overdose may include nausea, vomiting, diarrhoea, yellow skin or eyes, poor appetite, confusion or extreme sleepiness

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