



# Health and Wellness Tip of the Week - Week 46

November 17, 2014

## Monthly Topic:

*Get Smart about Antibiotics Week* falls in November, so what better time to remind employees about how to safely take medications.

## A Word On Cough And Cold Drugs

Over-the-counter drugs that ease your child's cough and cold are easy to buy. But be warned. Drug makers have changed their labels in recent years due to safety worries. The new labeling says that cough and cold medicines should not be given to children under 4 years old. Always be careful. Read the label and follow the directions when giving your child a cough or cold drug. Ask your doctor or pharmacist for tips on how to safely handle your child's cold.



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*Sources: Centers for Disease Control & Prevention; National Institutes of Health*