

TAKING **ACETAMINOPHEN** TO CURB FLU SYMPTOMS?



Don't Take Too Much

NJPoisonCenter.org



1-800-222-1222

**New Jersey
Poison Center**





OVERUSE IS A **COMMON** DOSING ERROR

**Acetaminophen is safe—
until you take too much**

Since the start
of the current
flu season in
November 2025

85 CASES

of dosing too often

34 CASES

using multiple products containing
acetaminophen

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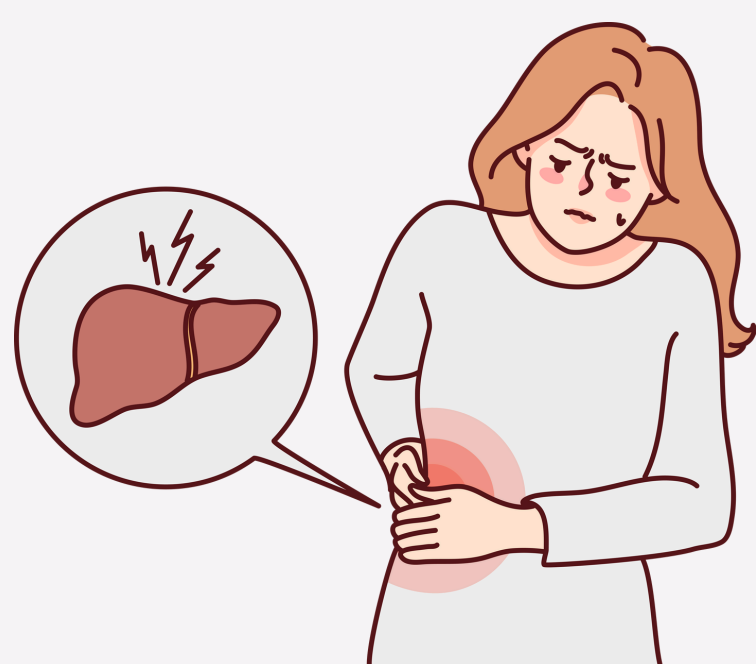


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TAKING **TOO MUCH** ACETAMINOPHEN CAN LEAD TO



**Severe
Liver
Damage**



**Liver
Failure**



**Kidney
Failure**



Death

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THE **CONFUSION** BEHIND OVERUSE

More than
**600 OTC and
prescription**
products on the
market contain
acetaminophen.

INCLUDES **TYLENOL** AND OTHER MEDICINES



Pain Relievers



Fever Reducers



Cold and Flu



Allergy and Sinus



Sleep Aids



Headache/Migraine

Most people don't realize they are taking too
much of the same active ingredient.

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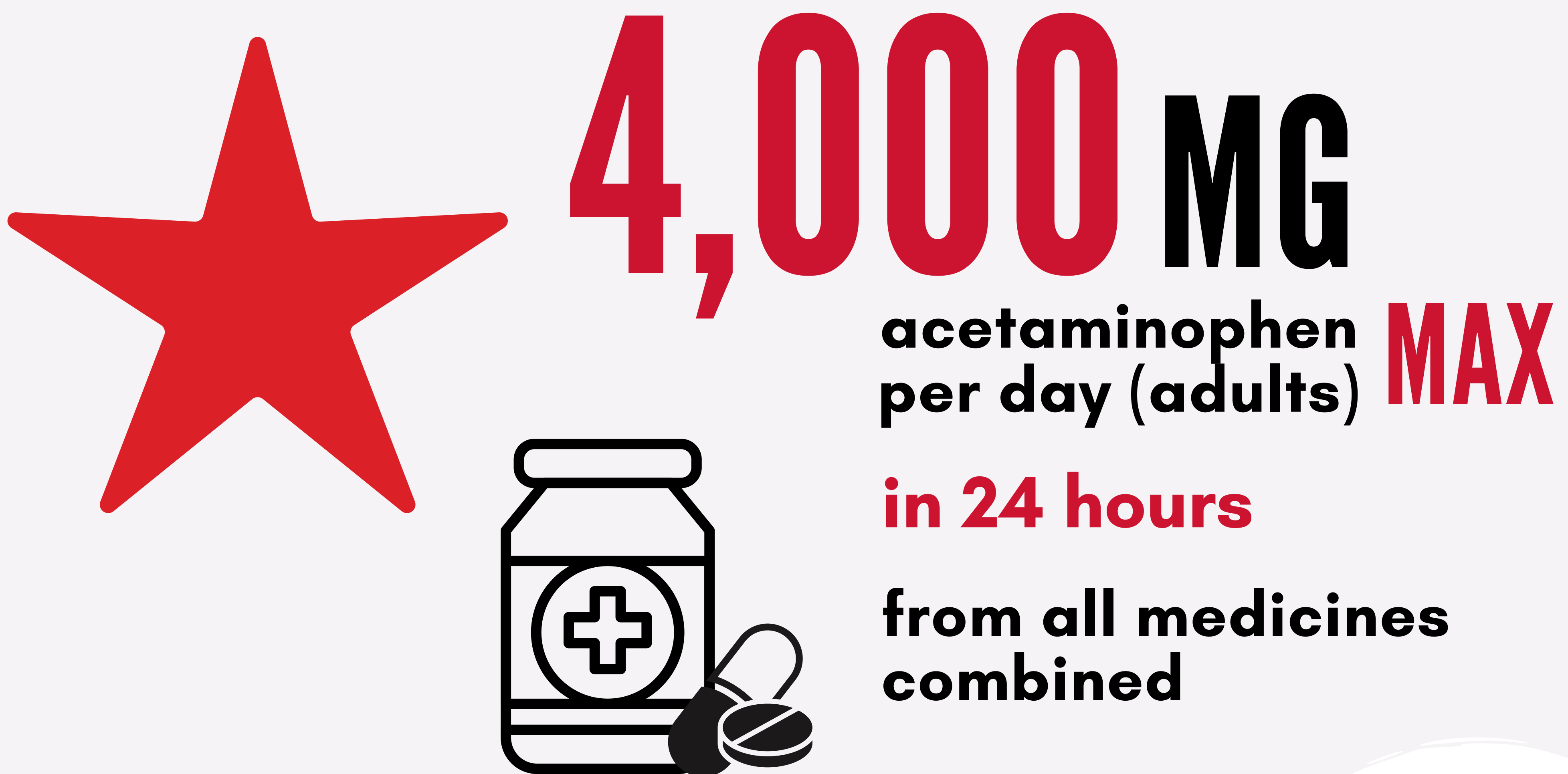
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KNOW THE **LIMIT**

Mixing cold meds + pain relievers (or another type of medicine containing acetaminophen) can push you over the **MAX daily limit fast.**



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CHILDREN ARE AT **RISK TOO**

- ✓ Only acetaminophen **formulated for children**
- ✓ Dose by **WEIGHT**, not age
- ✓ Use the **dosing device** that comes with the bottle
- ✗ **NEVER** give adult pills

**TINY BODIES = LESS MEDICINE
TO CAUSE
SERIOUS HARM**



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HOW TO **PREVENT OVERUSING** ACETAMINOPHEN



**SAFETY
FIRST**



Choose products for your specific symptoms.



Read the label for active ingredients, directions, and warnings.



Avoid taking two or more acetaminophen-containing meds at the same time or within a short period of time.

Do not take not more than the maximum recommended daily limit.

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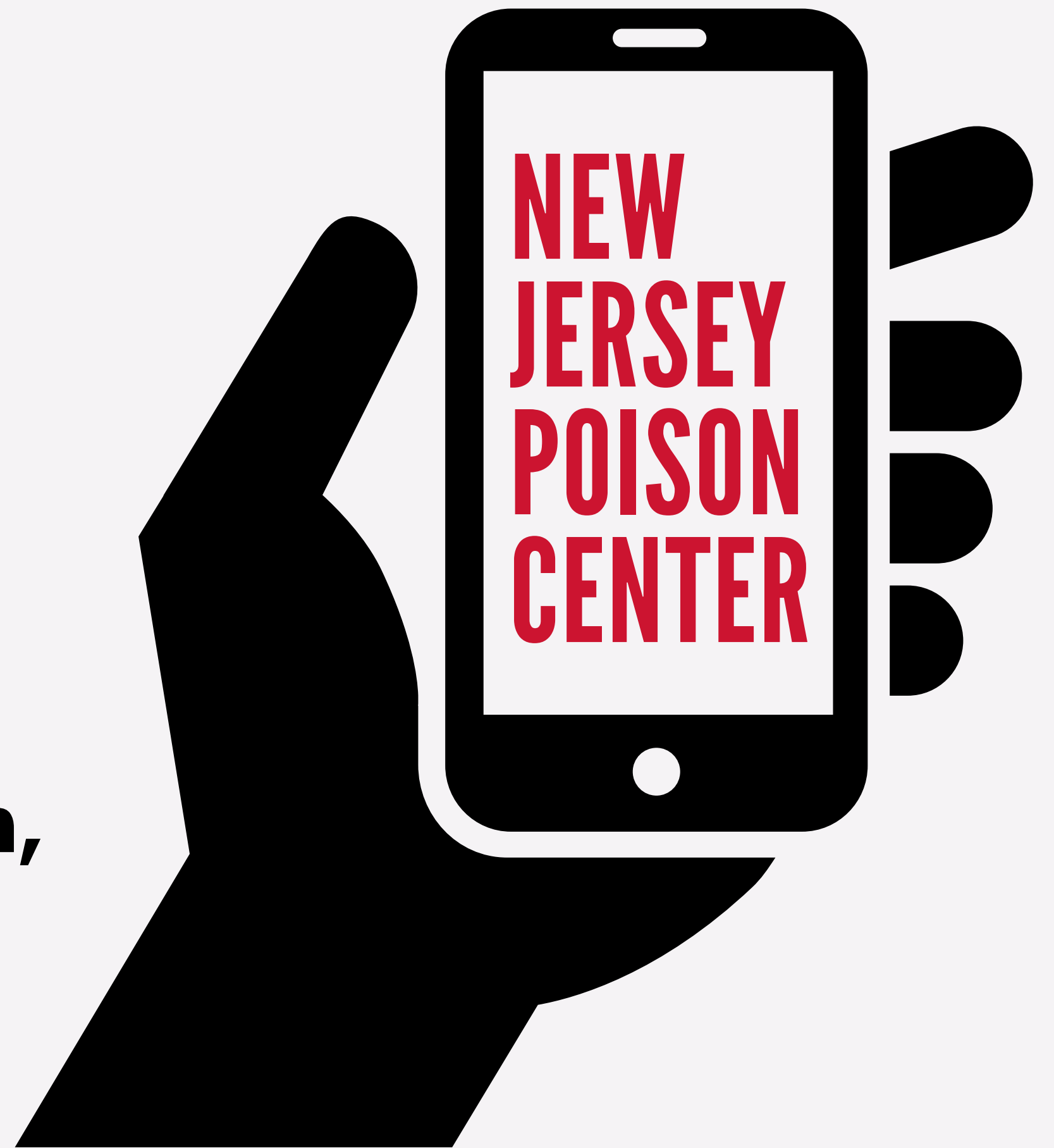
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SAVE THIS NUMBER

for questions, information,
and emergencies



POISON HELP LINE

1-800-222-1222



24/7, free, confidential



Doctors, nurses, pharmacists

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