

TAKING ACETAMINOPHEN TO CURB FLU SYMPTOMS?



Don't Take Too Much

NJPoisonCenter.org





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

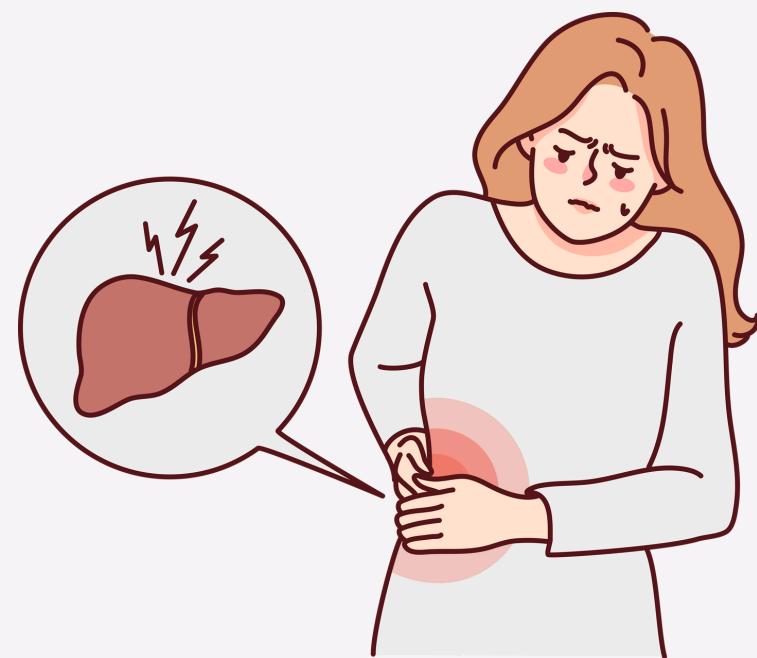
85 CASES
of dosing too often

34 CASES
using multiple products containing
acetaminophen

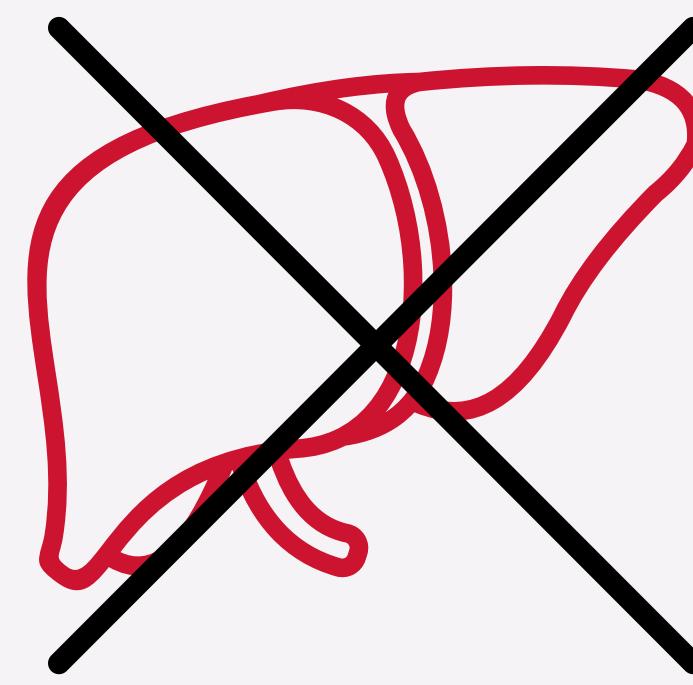
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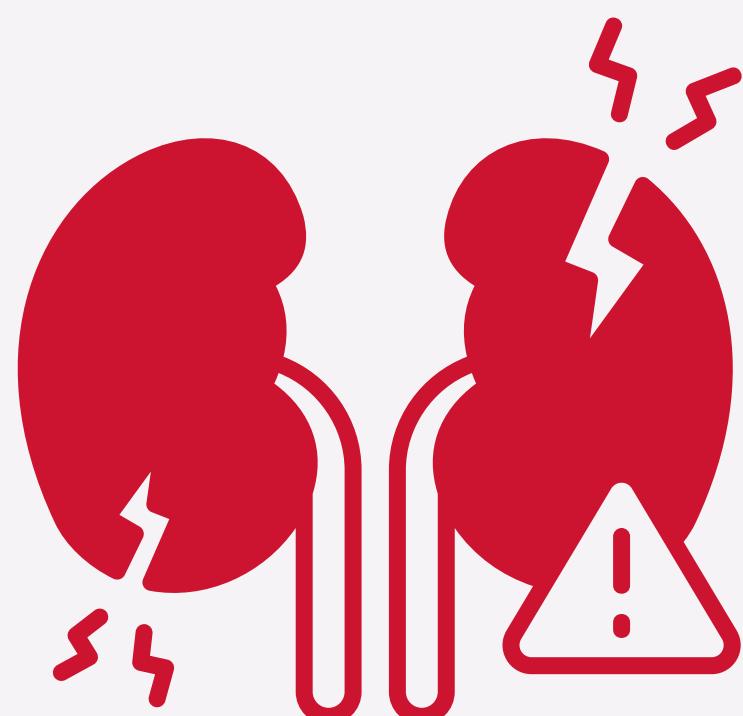
TAKING TOO MUCH ACETAMINOPHEN CAN LEAD TO



**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 Relivers**
-  **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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KNOW THE LIMIT

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



4,000 MG
acetaminophen
per day (adults) **MAX**

in 24 hours

**from all medicines
combined**

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CHILDREN ARE AT RISK TOO



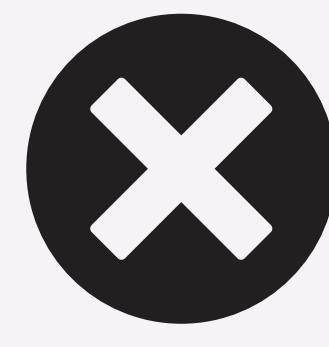
**Only acetaminophen
formulated for children**



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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1-800-222-1222

New Jersey
Poison Center



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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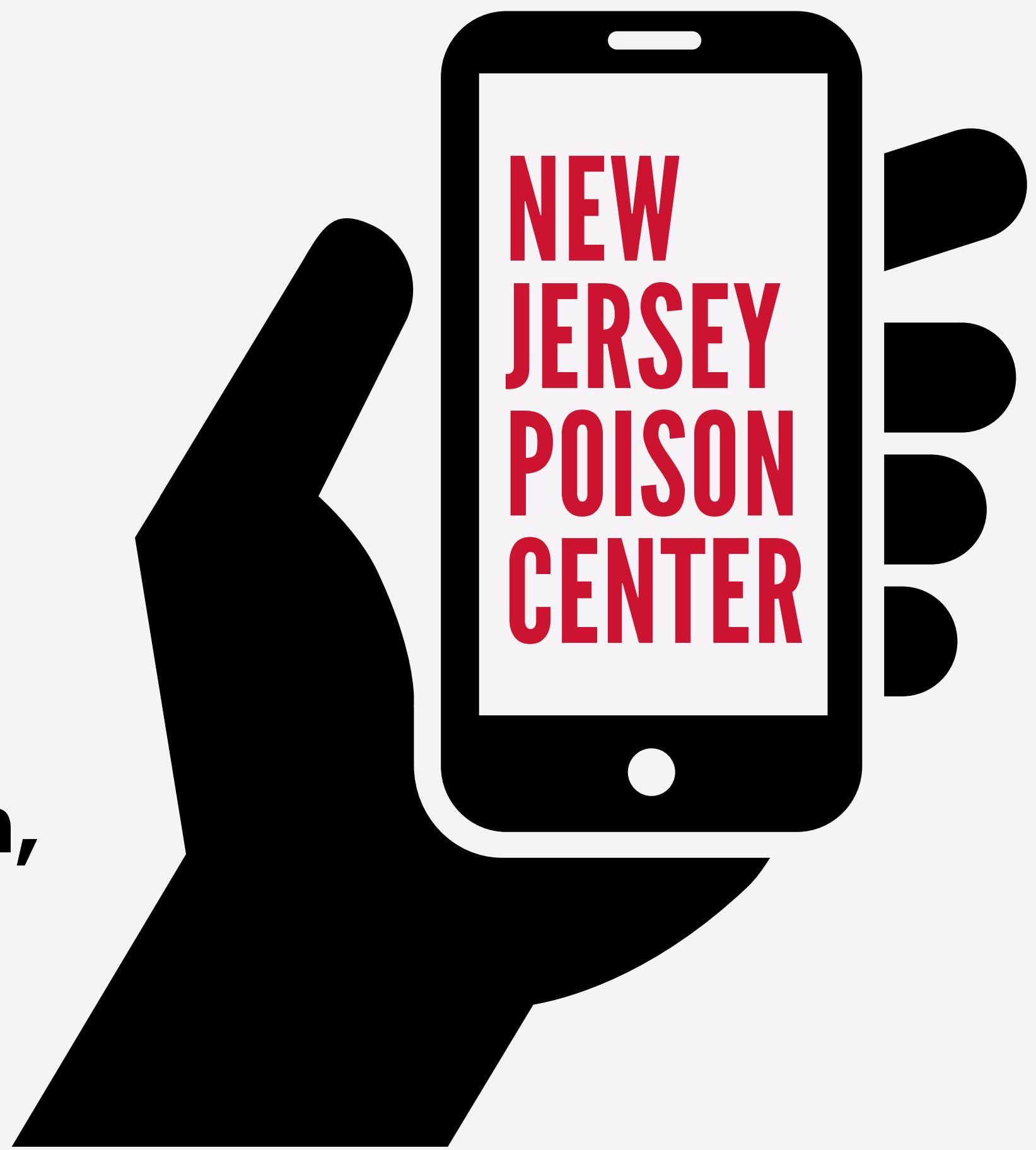
1-800-222-1222

**New Jersey
Poison Center**



SAVE THIS NUMBER

for questions, information,
and emergencies



POISON HELP LINE

1-800-222-1222



24/7, free, confidential



Doctors, nurses, pharmacists

NJPoisonCenter.org

