Limited Supply of Fever and Pain Medicine Products for Children - Information for Families

With the high demand for cold and flu products for kids, some regions of Canada are seeing a limited supply of children’s acetaminophen (Tylenol®, Tempra®) and ibuprofen (Advil®, Motrin®). This may include liquid and chewable products.

You do not need a prescription to buy fever and pain medicines for children.
- These products are available over the counter (on the shelf in the pharmacy) and a prescription is not required.
- If your child needs medicine for pain and you can’t find it on the shelf, ask your pharmacist for help.
- Buy only what you need.

Unsafe about Dose?
- If you are not sure how much medicine to give your child, ask the pharmacist for correct dosing for your child’s weight.

Safety Tips
- Do not use Acetylsalicylic Acid (ASA, Aspirin®) or pain medicines other than acetaminophen and ibuprofen unless recommended by your child’s doctor.
- Always buy medicine from a licensed pharmacy.
  * See Health Canada’s warning about buying medicines online: [https://www.canada.ca/en/health-canada/services/buying-drugs-over-internet.html](https://www.canada.ca/en/health-canada/services/buying-drugs-over-internet.html)

Treating Pain
- Not all pain needs medicine. Sprains, strains, broken bones and cuts may feel better with rest and elevation (raising up the arm or leg on a couch, bed or pillow). Cold helps many types of pain (cold cloth, ice pack, cold food or drinks for mouth pain). Distracting your child with a game, book, or other favourite activity may also help.

Fever
- Quick fever facts: Fever is not dangerous. Fever is the body’s natural response to infections and actually helps to fight infections. A higher temperature does not mean that the infection is more serious. Many studies have shown that treating fevers with medicine does not prevent febrile seizures (convulsions).
- You do not need to treat fevers with medicine. Cool your child by dressing them in light clothing. Offer extra fluids. Breastfeed more often or offer cool water or drinks. Keep the room cool, use a fan if you don’t have air conditioning.
- Fever medicine can be used when your child is uncomfortable with fever, if your child is very sleepy or lethargic with a fever, or if they also have pain.

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