

No Change of Advice to Parents about Children's Cough and Cold Remedies in the UK

Recent publicity about cough and cold medicines in Canada may have confused parents about what to give to their children when they have a cough or cold. This does not affect the advice given in the UK on how to treat children's coughs and colds, which has not changed.

The UK medicines regulatory agency MHRA advise that for children older than 2 years, cough and cold medicines are considered safe at the recommended doses, which should be followed carefully and not exceeded. Manufacturers have changed the labels of children's medicines to remove the doses for children under 2 years of age.

MHRA Advice

- For children under 2 years give paracetamol or ibuprofen to lower their temperature, and administer a simple cough mixture such as one containing glycerol or honey and lemon if they have a troublesome cough.

- In the case of children over 2 years, parents can continue to give children's cough and cold medicines as indicated on the label.
 - Remember to check the label and give the correct dose.
 - Avoid giving more than one medicine with the same ingredient because different brands may contain the same active ingredients.
 - Parents should consult a healthcare professional if they have any concerns and before use in children aged 2-6 years.

Sheila Kelly, Executive Director of PAGB, comments: "There is no need for parents in the UK to worry that the products they have given their children to treat their coughs and colds may have harmed them in any way. There have been very few adverse events in the UK over the past 40 years, particularly when you consider the many millions of doses given to children over that period."

A leaflet giving the current advice is available for parents to download from:

<http://www.pagb.co.uk/pressarea/releases/Coughandcoldleaflet.pdf>



The advice from MHRA about children's over-the-counter cough and cold medicines can be found at:

<http://www.mhra.gov.uk/NewsCentre/CON028268>

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Notes to editors

PAGB (Proprietary Association of Great Britain) is the UK trade association representing manufacturers of over-the-counter medicines and food supplements.

MHRA (Medicines and Healthcare products Regulatory Agency) is the authority that regulates medicines in the UK.

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