

Cold And Flu Season Is Here  
DOUBLE CHECK YOUR MEDICINE LABELS. DON'T DOUBLE UP ON ACETAMINOPHEN.

SHARE



## Don't Double Up on Acetaminophen

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**MORE THAN 600** over-the-counter and prescription medicines contain acetaminophen, including many for cold and flu symptoms.



**NEVER TAKE 2** medicines that contain acetaminophen at the same time

More than 600 medications, both prescription and over-the-counter (OTC), contain the active ingredient acetaminophen to help relieve pain and reduce fever. Taken carefully and correctly, these medicines can be safe and effective. But taking too much acetaminophen can lead to severe liver damage.

Read this [Consumer Update](#) to learn how to take acetaminophen safely, during flu season and year-round.