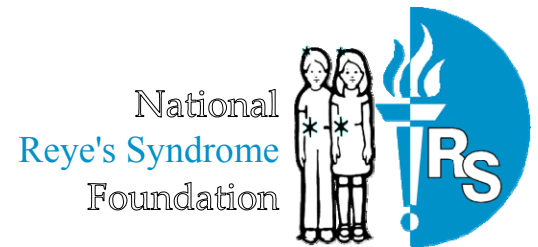


National Reye's Syndrome Foundation
426 N. Lewis Street
PO Box 829
Bryan, OH 43506-0829

800-233-7393
www.ReyesSyndrome.Org
nrsf@ReyesSyndrome.Org



Be Aware Because You Care

Thank you for downloading this valuable information. If you would like to see something in particular included in this package, please let us know via email at nrsf@ReyesSyndrome.org.

New List of Resources:

www.ReyesSyndrome.Org/literature.html = This page contains even more literature that you can download and use freely.

reyessyndrome.wordpress.com = This blog contains many helpful articles that you can copy and paste and use to promote awareness about a variety of issues such as flu, chicken pox, herbal use dangers, and so on.

www.ReyesSyndrome.Org/schools.html = Here you can download our free School Handout Package with valuable information for parents and students.

www.ReyesSyndrome.Org/ = Under the Library link is now 3 libraries: an Article Library, a Video Library, and a Medical Library.

<http://reyessyndrome.org/news.html> = Here you will find NRSF newsletters. Articles from these newsletters can be used in your newsletters, as long as content is not changed and the NRSF is credited. If you would like to receive our bi-annual newsletter, email your address to nrsf@ReyesSyndrome.org. You can sign up for monthly RS informative e-letters on our website main page, also.

www.youtube.com/user/ReyesSyndrome We now have a Youtube Channel with various Reye's Syndrome information videos. Feel free to embed any useful videos on your school websites, and remember to give them a link back to the Reye' Syndrome website at www.reyessyndrome.org for more information.



We have included wallet size “*Ingredients to Avoid*” cards that you can print and distribute. These cards are made to slip into wallets or purses to take along while shopping for children’s medications.

As new materials come available, we will include them in this package, so check the website often. If you are planning a health fair, or fundraiser, contact us, we may be able to supply bookmarks, brochures, or other awareness items.

We thank you for your assistance and partnership in spreading this awareness material. Use this material as you see the need, we only ask that you do not change the content.

Thank You!



REYE'S SYNDROME

Reye's Syndrome is a very serious disease that you should know about. Some people develop Reye's Syndrome as they are getting over a viral illness, such as the flu or chicken pox. Reye's Syndrome usually affects people from infancy through young adulthood; however, no age group is immune. Although Reye's generally occurs when someone is recovering from any viral illness, it can develop 3 to 5 days after the onset of the illness. Its main targets are the liver and brain, it is not contagious, and too often is misdiagnosed as encephalitis, meningitis, diabetes, poisoning, drug overdose, or sudden infant death.

Early diagnosis is crucial. An individual should be watched during the next 2 to 3 weeks following a viral illness for these symptoms, usually occurring in this order:

- *Relentless or continuous vomiting
- *Listlessness (loss of pep and energy with little interest in their environment)
- *Drowsiness (excessive sleepiness)
- *Personality change (such as irritability, slurred speech, sensitivity to touch)
- *Disorientation or confusion (unable to identify whereabouts, family members or answer questions)
- *Combativeness (striking out at those trying to help them)
- *Delirium, convulsions or loss of consciousness

Reye's Syndrome should be suspected in anyone who vomits repeatedly. Phone your doctor immediately if these symptoms develop. Voice your concern about Reye's Syndrome. If your physician is unavailable, take the person to an Emergency Room promptly. Two liver function tests (SGOT, SGPT) can be done to determine the possibility of Reye's Syndrome. There is a 90% chance of recovery when the syndrome is treated in its earliest stages by physicians and nurses experienced in the treatment of Reye's.

Studies have shown that using aspirin or aspirin-containing medications to treat the symptoms of viral illnesses increases the chance of developing Reye's Syndrome. If you or a member of your family have a viral illness, do not use aspirin or aspirin-containing medications. In fact, you should consult your physician before you take any drugs, particularly aspirin or anti-nausea medicines, to treat flu, chicken pox or any viral illness. Anti nausea medicines may mask the symptoms of Reye's Syndrome.

The National Reye's Syndrome Foundation (NRSF), the U.S. Surgeon General, the Food and Drug Administration and the Centers for Disease Control and Prevention recommend that aspirin and combination products containing aspirin not be taken by anyone under 19 years of age during fever-causing illnesses.

Aspirin is part of the salicylate family of medicines. Another name for aspirin is acetylsalicylate; some drug labels may use the words acetylsalicylate, acetylsalicylic acid, salicylic acid, salicylate, etc., instead of the word aspirin. Currently, there is no conclusive data as to whether other forms of salicylates are associated with the development of Reye's Syndrome. Until further research has answered this question, the NRSF recommends that products containing any of these substances not be taken during episodes of viral infections.

The NRSF is a non-profit, tax-exempt organization with affiliates located in 50 states. The NRSF has pioneered the movement to disseminate knowledge about the disease in an effort to aid in early diagnosis and also provides funds for research into the cause, cure, care, treatment and prevention of Reye's Syndrome.

For additional information, please contact:

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426 N. Lewis Street
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Phone: 1-800-233-7393
E-Mail: nrsf@reyessyndrome.org

Web: www.reyessyndrome.org
reyessyndrome.wordpress.com



PIENSE EN LA ENFERMEDAD SINDROME DE REYE (REYE'S SYDNROME)! ALERTA

Tanto la gripa como enfermedades similares a ella ocurren con frecuencia durante los meses de invierno. La gripe es causada por un virus y merece atención especial porque se asocia a una enfermedad infantil a veces mortal, el síndrome de Reye. Este afecta a niños desde la lactancia hasta aproximadamente los 19 años pero ninguna edad es inmune y puede aparecer de 3 a 5 días del comienzo de la varicela, un resfriado y otras infecciones virales. El síndrome de Reye afecta al cerebro e hígado, no es contagioso y a veces se confunde con la meningitis, encefalitis, diabetes, envenenamientos, sobredosis de medicinas o la muerte repentina del lactante (sudden infant death syndrome). Estudios recientes han demostrado una conexión entre el uso de aspirina y el desarrollo del Síndrome de Reye.

Después de mejorar de una infección viral, los síntomas que se describen a continuación deben tomarse seriamente, y como primeros indicios del síndrome de Reye. Consulte con su médico antes de dar aspirina a su niño, ya que el uso de aspirina está probablemente asociado a esta enfermedad, o medicinas contra las náuseas, ya que pueden ocultar los primeros síntomas en el siguiente orden:

- * vómitos persistentes y continuos
- * somnolencia, sopor
- * cambios de personalidad (niño irritable o combativo)
- * desorientación (no reconoce donde está o a sus familiares)
- * delirio, convulsiones, inconsciencia

La vida del niño depende del diagnóstico inmediato de esta enfermedad. Ella debe sospecharse en todo niño con varicela que vomita frecuentemente. Llame a su médico de inmediato si observa estos síntomas y dígame que el niño puede tener el síndrome de Reye. Si no puede comunicarse con su médico, lleve al niño al servicio de urgencia más cercano lo antes posible. Dos pruebas de función hepática (SGOT/SGPT) pueden ser indicativas de la presencia del síndrome de Reye. Si el tratamiento se instaure prontamente bajo el cuidado de personal médico especializado, cerca del 90% de los afectados se recuperan completamente.

Estudios epidemiológicos han demostrado la asociación del síndrome de Reye con el uso de aspirina para tratar enfermedades gripales, la varicela y resfriados. Si Ud. O un miembro de su familia tiene una enfermedad viral, no tome aspirina o cualquier medicina que contiene aspirina. El Cirujano General de los EE.UU., la Administración Federal de Alimentos y Medicinas (FDA), y el Centro de Control de Enfermedades (CDC) recomiendan evitar el uso de todo preparado que contenga aspirina para tratar este tipo de enfermedades en niños y adolescentes menores de 19 años. Salicilato (salicylate, acetylsalicylate, acetylsalicylic acid, salicylic acid) es otra palabra para aspirina (aspirin); algunos productos comerciales ponen en su etiqueta salicilato en vez de aspirina. Cualquiera de los dos nombres que se encuentren en las etiquetas de medicamentos se debe evitar su administración a niños o adolescentes que sufran de algún episodio febril.

El National Reye's Syndrome Foundation es una organización sin fines de lucro, exenta de impuestos con filiales en 44 estados. La tarea de la NRSF ha sido y es la de divulgar nuevos conocimientos sobre el síndrome de Reye, con el fin de ayudar a diagnosticarlo lo antes posible, a la vez que aporta fondos para la investigación de sus causas, tratamiento y prevención.

Para más información comuníquese con la fundación: National Reye's Syndrome Foundation
426 N. Lewis Street
PO Box 829
Bryan, OH 43506-0829

O LLAME AL NUMERO 1-800-233-7393

E-Mail: nrsf@reyessyndrome.org
Web: www.reyessyndrome.org
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Other Names for Aspirin

- Acetyl Salicylic Acid - ASA
- Acetylsalicylate
- Acetylsalicylic Acid
- Aluminum Acetyl Salicylate
- Ammonium Salicylate
- Amyl Salicylate
- Arthropan
- Aspirin
- Benzyl Salicylate
- Butyloctyl Salicylate
- Calcium Acetyl Salicylate
- Choline Salicylate
- Ethyl Salicylate
- Lithium Salicylate
- Methyl Salicylate
- Methylene Disalicylic Acid
- Octsalate
- Octyl Salicylate
- Phenyl Salicylate
- Sal Ethyl Carbonate
- Salicyamide
- Salicyanilide
- Salicylsalicylic Acid
- Santalyl Salicylate
- Sodium Salicylate
- Stonylate
- Strontium Salicylate
- Sulfosalicylic Acid
- Tridecyl Salicylate
- Trolamine Salicylate

Kids & Aspirin Products

DONT MIX!



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- Salicyanilide
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Kids & Aspirin Products

DONT MIX!



Other Names For Aspirin – Check All Labels!

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Ammonium Salicylate
Amyl Salicylate
Arthropan
Benzyl Salicylate
Bismuth Sub-Salicylate
Butyloctyl Salicylate
Calcium Acetyl Salicylate
Choline Salicylate
Ethyl Salicylate
Ethylhexyl Salicylate
Lithium Salicylate
Methyl Salicylate
Methylene Disalicylic Acid
Octisalate
Octyl Salicylate
Procaine Salicylate
Sal Ethyl Carbonate
Salicylamide
Salicylanilide
Salicylate
Salicylic Acid
Salicylsalicylic Acid
Santyl
Santaly Salicylate
Sodium Salicylate
Stroncyate
Strontium Salicylate
Sulfosalicylic Acid
Tridecyl Salicylate
Trolamine Salicylate
Willow Bark
Spiraea
Meadowsweet
Neam

Common Medications Mistakenly Given to Children that Contain Aspirin:

Low-dose Aspirin
Pepto-Bismol
Alka-Seltzer
Kaopectate
Maalox
Pamprin
Excedrin

Manufacturers often change their ingredients. Aspirin is a cheap ingredient, and often used in everything from medications to topically applied products. **ALWAYS check the labels against the list.**

Check Labels at:

<http://dailymed.nlm.nih.gov/dailymed/about.cfm>

Check ingredients on-line for herbal and over the counter dietary supplements at a new National Institutes of Health Database at:

<http://www.dsld.nlm.nih.gov/dsld/>

Report any adverse effects pertaining to any medication you or your child takes at:

<http://www.fda.gov/Safety/MedWatch/HowToReport/ucm053074.htm>

Questions?

National Reye's Syndrome Foundation:
800.233.7393

<http://www.reyessyndrome.org>

Fact Sheet

National Reye's Syndrome Foundation



Reye's Syndrome and Flu Viruses

Novel H1N1 Flu (Or Any Flu) Guidelines

Warning! Do not give aspirin (acetylsalicylic acid / salicylates) to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's Syndrome.

Check ingredient labels on all over-the-counter cold and flu medications to see if they contain aspirin / salicylates. Teenagers with the flu can take medicines without aspirin, such as acetaminophen (Tylenol) and ibuprofen (Advil, Motrin, Nuprin), to relieve symptoms.

Children younger than 6 years of age should not be given over-the-counter cold medications without first speaking with a healthcare provider.

The safest care for flu symptoms in children younger than 2 years of age is using a cool-mist humidifier and a suction bulb to help clear away mucus.

Fevers and aches can be treated with acetaminophen (Tylenol) or ibuprofen (Advil, Motrin, Nuprin) or nonsteroidal anti-inflammatory drugs (NSAIDS). Examples of these kinds of medications include:

- * Acetaminophen; Tylenol
- * Ibuprofen; Advil, Motrin, Nuprin
- * Naproxen; Aleve

Over-the-counter cold and flu medications used according to the package instructions may help lessen some symptoms such as cough and congestion. Importantly, these medications will not lessen how infectious a person is.

Check the ingredients on the package label to see if the medication already contains acetaminophen or ibuprofen before taking additional doses of these medications --don't-- double dose! Patients with kidney disease or stomach problems should check with their health care provider before taking any NSAIDS.

Check with your health care provider or pharmacist if you are taking other over-the-counter or prescription medications not related to the flu. For more information on products for treating flu symptoms, see the FDA website at www.fda.gov.

Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected with the liver and brain suffering most seriously.

Reye's Syndrome is a two-phase illness because it is almost always associated with a previous viral infection such as influenza (flu) or chicken pox. Scientists do know that Reye's Syndrome is not contagious and the cause is unknown. Reye's Syndrome is often misdiagnosed as encephalitis, meningitis, diabetes, drug overdose, poisoning, Sudden Infant Death Syndrome, or psychiatric illness.

When Reye's Syndrome develops, it typically occurs when a person is beginning to recover from a viral illness.

Abnormal accumulations of fat begin to develop in the liver and other organs of the body, along with a severe increase of pressure in the brain. Unless diagnosed and treated successfully, death is common, often within a few days, and even a few hours. A person's life depends upon early diagnosis. Statistics indicate an excellent chance of recovery when Reye's Syndrome is diagnosed and treated in its earliest stages. The later the diagnosis and treatment, the more severely reduced are the chances for successful recovery and survival.

Stage I Symptoms	Stage II Symptoms	Stage III Symptoms	Stage IV Symptoms
Persistent or continuous vomiting Signs of brain dysfunction: Listlessness Loss of pep and energy Drowsiness	Personality changes: Irritability Aggressive behavior	Disorientation: Confusion Irrational behavior Combative	Delirium Convulsions Coma

NOTE: The symptoms of Reye's Syndrome in infants do not follow a typical pattern. For example, vomiting may be replaced with diarrhea and infants may display irregular breathing.

Suspect Reye's in an Infant with:

- * Diarrhea, but not necessarily vomiting
- * Respiratory disturbances such as hyperventilation or apneic episodes, seizures and hypoglycemia are common
- * Elevated SGOT-SGPT (SAT-ACT) [usually 200 or more units] in the absence of jaundice

Reye's Syndrome should be suspected in a person if this pattern of symptoms appear during, or most commonly, after a viral illness. Not all of the symptoms have to occur, nor do they have to be displayed in this order. Fever is not usually present.

Reye's Syndrome is a medical emergency, and anyone who shows symptoms should be immediately taken to a hospital – in the case of children, a children's hospital is best.

To learn more about Reye's Syndrome:

www.reyessyndrome.org
reyessyndrome.wordpress.com
www.facebook.com/reyessyndrome
 Phone: 800.233.7393



Chicken Pox Guidelines

Chickenpox is a highly contagious disease that spreads from person to person by direct contact or through the air from an infected person's coughing or sneezing. Touching the fluid from a chickenpox blister can also spread the disease. A person with chickenpox is contagious from one to five days before the rash appears until all blisters have formed scabs. This may take 5-10 days. It takes from 10-20 days after contact with an infected person for someone to develop chickenpox.

Chickenpox is rarely fatal, although it is generally more severe in adults than in children. Pregnant women and those with a suppressed immune system are at highest risk of serious complications. The most common complication of chicken pox is shingles, caused by reactivation of the varicella zoster virus decades after the initial episode of chickenpox. More and more children are coming down with shingles.

The chicken pox blisters start as small red spots which develop an irregular outline (a rose petal). A thin-walled, clear vesicle (dew drop) develops on top of the area of redness. This "dew drop on a rose petal" lesion is very characteristic for chickenpox. After about 8 to 12 hours the fluid in the vesicle gets cloudy and the vesicle breaks leaving a crust. The fluid is highly contagious, but once the lesion crusts over, it is not considered contagious. The crust usually falls off after seven days sometimes leaving a crater-like scar. Although one lesion goes through this complete cycle in about seven days, another hallmark of chickenpox is the fact that new lesions crop up every day for several days. Therefore it may be a week before new lesions stop appearing and existing lesions crust over. Children are not to be sent back to school until all lesions have crusted over.

Those infected can spread chickenpox before they know they have the disease - even before any rash develops. People with chickenpox, in fact, can infect others from about two days before the rash develops until all the sores have crusted over, usually four or five days after the rash starts.

NEVER GIVE A CHILD WITH CHICKEN POX ASPIRIN OR ASPIRIN PRODUCTS!

1. Make sure your child drinks plenty of water
2. Ask your pharmacist for advice about giving children medication if your child has a fever - NO ASPIRIN, OR ASPIRIN PRODUCTS! READ ALL LABELS for SALICYLATES! Learn more at ReyesSyndrome.org
3. Dress your child in light, loose fitting clothing
4. Keep your child's fingernails clean and short to help prevent deep scratching
5. Apply a lotion to help relieve itching - make sure this lotion does NOT contain aspirin - read the label!
6. Keep your child at home and away from others - especially pregnant women and other fragile children and adults

Know the symptoms of Reye's Syndrome, and if symptoms occur, treat it like a medical emergency and get the child to an emergency room, preferably at a children's hospital. Learn more about Reye's Syndrome and chickenpox at www.reyessyndrome.org

Fact Sheet

National Reye's Syndrome Foundation



Chickenpox Parties – Just Don't Do It!

The National Reye's Syndrome Foundation Does Not Condone Chicken Pox Parties! They can be Deadly!

Sharing body fluids from other children puts your child at great and deadly risk, not to mention this is a Federal Offense according to Homeland Security. The intentional spreading of any virus, or viral infection, and the mailing or transporting of such, falls under Bio-Terrorism Laws and the FBI and Homeland Security are going to want to talk to those involved.

For the sake of your child's life, and the lives of other children, pregnant women, and Immunocompromised Persons, just don't do it!

We have seen places on the Internet that offer chickenpox parties, and we know the FBI gets involved. Some people do this as a 'scam', charging unsuspecting and uneducated parents more than \$100.00 for a swab, or sucker, and parents have no idea what they are really getting. Is that swab or sucker HIV contaminated? Herpes contaminated? Some other disease contaminated? And you are going to risk giving it to your precious child?

Chickenpox is a very contagious disease caused by the varicella-zoster virus (VZV). It causes a blister-like rash, itching, tiredness, and fever. Chickenpox can be serious, especially in babies, adults, and people with weakened immune systems. It spreads easily from infected people to others who have never had chickenpox or received the chickenpox vaccine.

Chickenpox spreads in the air through coughing or sneezing. It can also be spread by touching or breathing in the virus particles that come from chickenpox blisters.

While staph infections of the skin are common in infants and young children, they usually are mild. However, chickenpox blisters can provide a place for staph bacteria to enter the skin, and a serious infection can develop quickly. It's common for chickenpox blisters to be close together and when the staph infection penetrates the skin, the skin around the infected area simply dies and falls off.

Reye's Syndrome has been associated with Chickenpox, and children have died from Reye's after contracting chickenpox. NEVER give a child aspirin products while suffering chickenpox! Learn more about Reye's Syndrome at www.reyessyndrome.org

Fact Sheet

National Reye's Syndrome Foundation



Pepto Bismol –It's NOT for Kids! (*Bismuth Sub-Salicylate*)

Bismuth Sub-salicylate is a drug used to treat temporary discomforts of the stomach and gastrointestinal tract such as diarrhea, indigestion, heartburn and nausea. Commonly known as pink bismuth, it is the active ingredient in medications such as Pepto-Bismol and Kaopectate.

Bismuth sub-salicylate is in a class of medications called anti-diarrheal agents. It works by decreasing the flow of fluids and electrolytes into the bowel, reduces inflammation within the intestine, and may kill the organisms that can cause diarrhea.



But, in the gastrointestinal tract, Bismuth Sub-salicylate is converted to salicylic acid (aspirin) and insoluble bismuth salts.

There are adverse effects with this drug, most prominently; Reye's Syndrome. It can also cause a black tongue and black stools in some users of the drug, when it combines with trace amounts of sulfur in saliva and the colon to form bismuth sulfide. Bismuth sulfide is a highly insoluble black salt, and the discoloration seen is temporary and supposedly harmless.

Children should not take medication with bismuth sub-salicylate because epidemiologic evidence points to an association between the use of salicylate-containing medications during viral infections and the onset of Reye's Syndrome.

Never give a child under the age of 19 any product with aspirin when suffering from flu symptoms or a viral infection, including products like Pepto-Bismol or Kaopectate!

For the same reason, it is recommended that nursing mothers not use medication containing bismuth sub-salicylate like Pepto-Bismol because small amounts of the medication are excreted in breast milk and pose a risk of triggering Reye's Syndrome to nursing children.

Brand Names Include:

Bismusal®	Pink Bismuth®
Kaopectate®	Stomach Relief®
Peptic Relief®	Pepto-Bismol®

To learn more, go to: <http://reyessyndrome.wordpress.com/category/aspirin-and-reyes/pepto-bismol-and-children/>



Tweens & Teens – Wise Choices; Using Over-the-Counter Medications Wisely

Medicine Cabinets and Store Shelves are filled with medicines you can buy without a prescription. And you need to know that just because a drug is available over the counter (OTC), that doesn't mean it's always safe or free of side effects.

You need to take OTC drugs with the same caution as drugs prescribed by your doctor. Even more care is needed if you use more than one prescription and or OTC product at the same time.

There are some OTC drugs that should not be taken if you have certain medical problems. You should always ask your parent, pharmacist or doctor for advice before taking any OTC medicine.

Until after the age of 19, you should not take products containing aspirin or salicylates, especially when you have a viral illness, chickenpox, flu, or symptoms that might be the flu (this includes most colds). Those who take aspirin and other salicylates during these illnesses can develop a life-threatening disease called Reye's Syndrome.

As much as you would like to think that nothing can affect you – that you are young and healthy and always will be – the real truth is that things **can** affect you, stress **is** real, people **do** get terribly sick, and those we know and love do in fact affect our lives, sometimes tragically.

You do have one very special Power. You have the Power of Choice. YOUR choices will ALWAYS determine where you will go in life, and how. Everyday choices can either be good for you or bad for you. You get ONE life, and one life only. Where do you see yourself in 1 year. In 5 years? 10 years? Will the choices you make today get you there? YOU have the Power of Choice. Use that Power Wisely.

- **Pause – Think it Out!** Take a moment; is what you are about to do –*really*– in your best interest?
- **Pause – Check It Out!** Take a moment; what kind of problem will your choice create for you?
- **Pause – Research it!** Take a moment; talk to someone who –*really, really*– knows; a parent, caregiver, doctor, nurse, guidance counselor, or teacher.

- Read the Labels on Everything!
- Don't Share Medicines with family or friends!
- Talk to your Doctor – They do want to hear what you have to ask or say!
- Don't try to diagnose why you are sick – let a doctor do that!
- Don't take that aspirin for a headache – or for any other reason – it could kill you!

If you are feeling stressed; Pause – take a break – let others know you are feeling stressed and need a break – we all need a break from time to time. Do something extra special for yourself; that will help you cope with the stress.

What is Reye's Syndrome?

Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning.

All body organs are affected, with the liver and brain suffering most seriously. While the cause and cure remain unknown, research has established a link between Reye's Syndrome and the use of aspirin and other salicylate containing medications, over the counter products, and topical use products. To learn more: www.ReyesSyndrome.Org and reysyndrome.wordpress.com and www.facebook.com/reysyndrome.or call 800-233-7393



Breast Feeding Fact Sheet

Aspirin and Pregnancy

The Food and Drug Administration (FDA) has issued the following warning about aspirin use during pregnancy:

"It is especially important not to use aspirin during the last three months of pregnancy, unless specifically directed to do so by a physician because it may cause problems in the unborn child or complications during delivery."

Aspirin & Aspirin Products can trigger Reye's Syndrome!

The main advantages of breastfeeding for your baby:

- Breast milk is the only food designed by nature for your baby.
- Antibodies are passed on through breast milk to protect your baby from all kinds of infection. The longer you can feed your baby the better; if you breastfeed for the first three or four months this protection can last for up to a year.
- Your baby is much less likely to need to be admitted to hospital.
- Your baby is less likely to develop diarrhea or constipation.
- Breastfeeding reduced the incidence of allergies.
- Breast milk contains growth factors and hormones to help your baby's development. These cannot be reproduced in formula milk.
- Children who have breast fed for eight months or more have been shown to achieve more at school than those who have been bottle fed.

The main advantages of breastfeeding for you:

- Breastfeeding helps your body to return to normal after the birth.
- Breast milk is always ready and it costs nothing.
- Women who breastfeed often feel a special bond with their baby.

The main disadvantages of breastfeeding for you:

- Blood borne viruses such as hepatitis B or HIV and some medication, including Aspirin, can be passed on to your baby in breast milk.
- Nearly all women can breastfeed, and some do run into problems. It is important to ask for help.

What is Reye's Syndrome?

Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected, with the liver and brain suffering most seriously. While the cause and cure remain unknown, research has established a link between Reye's Syndrome and the use of aspirin and other salicylate containing medications, over the counter products, and topical use products.

To learn more: www.ReyesSyndrome.Org, reyessyndrome.wordpress.com or www.facebook.com/reyessyndrome

Do NOT take aspirin or any product containing aspirin while breastfeeding. Aspirin can be transferred to the baby through your breast milk.

Check the labels on all products you take to make sure they do not contain salicylates (aspirin).

Request an "Ingredients to Avoid" card from the NRSF by calling 800-233-7393 or through email at nrsf@ReyesSyndrome.org

Check all topical products you use on your face, hands, and body for salicylates – baby may get your makeup or creams onto his / her hands and put them into their mouth.

Lists of products that contain aspirin can be obtained from the NRSF website at www.ReyesSyndrome.Org or by emailing your request to nrsf@ReyesSyndrome.org

Never ever give a child under the age of 19 aspirin or an aspirin product!

Fact Sheet

National Reye's Syndrome Foundation



Babysitter / Caregiver Handout

What is Reye's Syndrome?

Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. All body organs are affected, with the liver and brain suffering most seriously. While the cause and cure remain unknown, research has established a link between Reye's Syndrome and the use of aspirin and other salicylate containing medications, over the counter products, and topical use products.

Commonly found in a medicine cabinet, and commonly used over the counter medications that contain aspirin include:

Low-Dose Aspirin
Pepto-Bismol – Liquid, Chewables & Caplets
Insta-cool
Pepto-Bismol To Go
Kaopectate
Maalox
Alka-Seltzer
Anacin
Doan's Pills
Excedrin
Ascriptin
BC Powder
Bufferin
Goody's Aspirin
Norwich
Pamprin
Vanquish
Anything by Bayer

← This is not a complete list, so check the medicine label for these ingredients: →

If any of these ingredients are listed on the label, do not give to children under 19 years of age.

Acetyl Salicylic Acid
Aluminum Acetyl Salicylate
Ammonium Salicylate
Amyl Salicylate
Arthropan
Benzyl Salicylate
Bismuth Sub-salicylate
Butyloctyl Salicylate
Calcium Acetyl Salicylate
Choline Salicylate
Ethyl Salicylate
Ethylhexyl Salicylate
Lithium Salicylate
Methyl Salicylate
Methylene Disalicylic Acid
Octisalate
Octyl Salicylate
Procaine Salicylate
Sal Ethyl Carbonate
Salicylamide
Salicylanilide
Salicylate
Salicylic Acid
Salicylsalicylic Acid
Santyl
Santylal Salicylate
Sodium Salicylate
Stroncyrate
Strontium Salicylate
Sulfosalicylic Acid
Tridecyl Salicylate
Trolamine Salicylate
Willow Bark
Spiraea
Meadowsweet
Neam

Homeopathic and Herbal Remedies:

Do not give children under the age of 19 anything that contains:

- Willow Bark
- Spiraea
- Meadowsweet
- Neam

For more information: www.reyessyndrome.org, or 800.233.7393

Fact Sheet

National Reye's Syndrome Foundation



Know Your Herbs; They Can Be Dangerous!

Salicylates have long been known as water soluble compounds derived from a number of plants, particularly Willow and Meadowsweet with analgesic, antipyretic and anti-inflammatory properties, and comprises the main ingredient in aspirin.

Some authorities consider the ingestion of these foods to be associated with various conditions, notably Attention Deficit issues, and triggering Reye's Syndrome in children.

Common salicylate-containing herbs:

• Willow Bark

Willow bark has long been used for its analgesic (pain killing), antirheumatic, and antipyretic (fever-reducing) properties. Willow bark is widely promoted as an "aspirin-free" analgesic, including in dietary supplement products for children. Because it shares the same chemical properties and the same adverse effects as aspirin, this claim is highly misleading. **The "aspirin-free" claim is particularly dangerous on products marketed, without warning labels, for use by children and other aspirin-sensitive individuals.**

The pharmacologically active component in willow bark is "salicin," a compound that is converted to salicylic acid by the body after ingestion. **Both willow bark and aspirin are salicylates**, a class of compounds that work by virtue of their salicylic acid content. Aspirin (acetylsalicylic acid) is also converted to salicylic acid after ingestion.

- Betula lenta (Sweet Birch)
 - Betula pendula (White birch)
 - Filipendula ulmaria (Meadowsweet)
 - Gaultheria procumbens (Wintergreen)
 - Populus balsamifera (Balsam Poplar)
 - Populus nigra (Black Poplar)
 - Populus candicans (Balm Of Gilead)
 - Salix alba (White Willow)
 - Viburnum prunifolium (Black Haw)

Neem is the newest 'craze' in natural healing ingredients. Neem proponents state that it can cure some 40 different diseases.

What you need to know is that **Neem contains compounds similar to those in aspirin and should not be used to treat children**, or taken by people with known allergies to aspirin and aspirin like substances. Neem should not be taken by anyone who is pregnant or trying to conceive. Neem oil should not be taken internally.

So, please, learn all you can about that herbal ingredient before you use it, especially with a child; it could just save your life, or the life of a loved one! Learn more about Reye's Syndrome at www.reyessyndrome.org



Medications Containing Aspirin (Acetylsalicylate) and Aspirin-Like Products

Epidemiologic research has shown an association between the development of Reye's Syndrome and the use of aspirin-type products for treating symptoms of influenza-like illnesses and chicken-pox. The National Reye's Syndrome Foundation, U.S. Surgeon General, the Food and Drug Administration, and Centers for Disease Control and Prevention recommend that aspirin and combination products containing aspirin not be given to children or teenagers who are suffering from one of these illnesses. This listing shows products containing aspirin or salicylate compounds. THIS IS NOT A COMPLETE LIST! Some medication labels may use the words acetylsalicylate, acetylsalicylic acid, salicylic, salicylamide, phenyl salicylate, etc., instead of the word aspirin. There is not data as to other forms of salicylate other than aspirin associated with the development of Reye's Syndrome, but until further research has answered this question, we recommend products listing these substances not be used at all in children and adolescents, because a virus may already be present before symptoms appear. Product ingredients may be reformulated periodically, so always check the label. When in doubt ask your doctor or pharmacist. -- Note: Be cautious when using Herbal Remedies as some contain Salicylate!

NON-PRESCRIPTION PRODUCTS

Alka-Seltzer*	Bayer
Anacin*	Whitehall Robins
Ascriptin*	Novartis
Bayer Aspirin*	Bayer
BC Powder*	Block
Bufferin*	Bristol-Myers
CVS Aspirin*	CVS Pharmacy
Doan's*	Novartis
Ecotrin*	SK Beecham
Excedrin*	Bristol-Myers
Goody's Aspirin*	Block
Kaopectate*	Pharmacia
Maalox*	Novartis
Norwich Aspirin*	Chattem
Rite Aid Aspirin*	Rite Aid
Pamprin*	Chattem
Pepto-Bismol*	Proctor and Gamble
St. Joseph*	Schering-Plough
Vanquish*	Bayer
YSP*	Carlsbad Technology

PRESCRIPTION PRODUCTS

Acuprin 81 Adult Low Dose Aspirin	Richwood
Aggrenox Capsules	Boehringer-Ingelheim
Butalbital, Aspirin, Caffeine & Codeine	
Phosphate Capsules, USP	Watson
Carisoprodol and Aspirin Tablets	Par
Damason-P 5	Mason Pharm
Darvon Compound-65 9	Lily
Disalcid Capsules and Tablets	3M
Easprin Delayed-Released Tablets	Lotus Biochemical
Empirin with Codeine No.3 & 4	Glaxo Wellcom
Endodan Tablets, USP CII	Endo Generics
Equagesic Tablets	Wyeth-Ayerst
Fiorinal Capsules and Tablets	Novartis
Fiorinal with Codeine Capsules	Novartis
Fiortal with Codeine Capsules	Geneva
Gelpirin Tablets	Alra
Halfprin Tablets	Kramer
Helidac therapy	Prometheus Labs
Lortab ASA Tablets	UCB
Magan Tablets	Savage

PRESCRIPTION PRODUCTS (Cont.)

Magsal Tablets	U.S. Pharmaceutical
Methocarbamol & Aspirin Tablets	Par
Mono-Gesic Tablets	Schwarz
Myogesic	U.S. Pharmaceutical
Norgesic Forte Tablets	3M
Norgesic Tablets	3M
Oxycodone and Aspirin Tablets C-II	Watson
PC Cap	Alra Laboratories
Panasal 5/500 5 PC Cap 9	ECR Pharmaceuticals
Percodan Tablets	Endo Labs
Propoxyphene Compound 65 Capsules (CIU)	Teva
Robaxisal Tablets	Robins
Roxiprin Tablets	Roxane
Salflex Tablets	Carrick
Salsalate Tablets	Duramed
Soma Compound Tablets	Wallace
Synalgos-DC Capsules	Wyeth-Ayerst
Talwin Compound	Sanofi-Winthrop
Trilistate Liquid & Tablets	Purdue Frederick

*To conserve space on our list, we have listed non-prescription products by brand name only. Please be aware these products come in many forms, strengths and flavors.

Be sure to check the label for the Reye's Syndrome warning and/or any of the ingredients names listed in the above paragraph.

The following is a list of Antiemetics. Antiemetics are used to stop nausea. While Antiemetics do not contain aspirin, they can be associated with Reye's Syndrome because medications used to stop nausea can mask one of the first symptoms of Reye's. When every second counts in diagnosing Reye's it is vital for parents to question use of Antiemetics when prescribed during a viral illness.

Aloxi Injection	MGI	Marinol Capsules	Unimed	Zofran Injection Premixed	GlaxoSmithKline
Anzemet Injection & Tablets	Sanofi-Aventis	Phenergan Suppositories & Tablets	Wyeth	Zofran Oral Solution, Tablets, &	
Emend Capsuls	Merck	Transderm Scope Transdermal Therapeutic		Orally Disintegrating Tablets	GlaxoSmithKline
Kytril Injection, Oral Solution, or Tablets	Roche Laboratories	System	Novartis Consumer		
		Zofran Injection	GlaxoSmithKline		

Many topical products also contain forms of salicylates. While these products are not ingested through the mouth, certain ingredients may be absorbed through the skin and therefore a potential risk where Reye's Syndrome is concerned. Be sure to check ingredient labels. These products are not ingested and as such, not required to carry a warning. Check out our website or contact the foundation for a list of topical products we know contain aspirin.



Preparaciones que Contienen Aspirina (Acetylsalicylate) y Compuestos Parecidos a la Aspirina

Las investigaciones epidémicas muestran que hay una asociación entre el desarrollo del Síndrome Reye's y el uso de aspirina (un salicylate) que se toma para curar los síntomas de la influenza, de las viruelas locas y de las gripes. La Fundación Nacional del Síndrome Reye's, el Cirujano General de los Estados Unidos, La Administración de la Comida y las Drogas, y los Centros para Controlar las Enfermedades recomiendan que los niños hasta la edad de veinte años no tomen la aspirina ni las medicinas que contienen aspirina cuando están enfermos con la gripe, la influenza o las viruelas locas. **Probablemente existan otros productos que contienen aspirina y esta lista no está completa.** Los niños que sufren de la gripe o de las viruelas locas deben evitar estos productos. Es posible reformular estos productos para quitar o añadir la aspirina. Siempre pregunte a su médico o a su farmacéutico acerca de las medicinas antes de tomarlas.

PRODUCTOS SIN RECETA MEDICA		PRODUCTOS CON RECETA MEDICA		PRODUCTOS CON RECETA MEDICA (continuacion)	
Alka-Seltzer*	Bayer	Acuprin 81 Adult Low Dose Aspirin	Richwood	Magan Tablets	Savage
Anacin*	Whitehall Robins	Aggrenox Capsules	Boehringer-Ingelheim	Magsal Tablets	U.S. Pharmaceutical
Ascriptin*	Novartis	Butalbital, Aspirin, Caffeine & Codeine		Methocarbamol & Aspirin Tablets	Par
Bayer Aspirin*	Bayer	Phosphate Capsules, USP	Watson	Mono-Gesic Tablets	Schwarz
BC Powder*	Block	Carisoprodol and Aspirin Tablets	Par	Norgesic Forte Tablets	3M
Bufferin*	Bristol-Myers	Darvon Compound-65	Lily	Norgesic Tablets	3M
CVS Aspirin*	CVS Pharmacy	Disalcid Capsules and Tablets	3M	Percodan Tablets	Endo Labs
Doan's*	Novartis	Easprin Delayed-Released Tablets	Lotus Biochemical	Propoxyphene Compound 65	
Dristan*	Whitehall Robins	Endodan Tablets, USP CII	Endo Generics	Capsules (CIU)	Teva
Ecotrin*	SK Beecham	Equagesic Tablets	Wyeth-Ayerst	Robaxisal Tablets	Robins
Excedrin*	Bristol-Myers	Fiorinal Capsules and Tablets	Novartis	Roxiprin Tablets	Roxane
Goody's Aspirin*	Block	Fiorinal with Codeine Capsules	Novartis	Salflex Tablets	Carrick
Kaopectate*	Pharmacia	Fiortal with Codeine Capsules	Geneva	Salsalate Tablets	Duramed
Maalox*	Novartis	Gelpirin Tablets	Alra	Soma Compound Tablets	Wallace
Midol*	Bayer	Halfprin Tablets	Kramer	Synalgos-DC Capsules	Wyeth-Ayerst
Norwich Aspirin*	Chattem	Helidac therapy	Prometheus Labs	Talwin Compound	Sanofi-Winthrop
Rite Aid Aspirin*	Rite Aid	Lobac Capsules and Tablets	Seatrace	Trilistate Liquid & Tablets	Purdue Frederick
Pamprin*	Chattem	Lortab ASA Tablets	UCB		
Pepto-Bismol*	Proctor and Gamble				
Sine-Off*	Hogil Pharmaceutical	*Para conservar el espacio en nuestra lista, hemos enumerado productos que no necesitan receta por marca solamente.			
St. Joseph*	Schering-Plough	Por favor recuerde que estos productos vienen en muchas formas, fuerzas y sabores. Asegurese de revisar la etiqueta para saber si hay advertencias que se relacionen con el Síndrome de Reye's o cualquiera de los nombres de los ingredientes enumerados en el parafo antedicho.			
Vanquish*	Bayer				
YSP*	Carlsbad Technology				

Los siguientes productos, están enumerados porque también pueden contener alguna forma de Salicylates. Aunque estos productos no se injieren a través de la boca, ciertos ingredientes se pueden absorber mediante la piel y por lo tanto es posible que tenga riesgos para personas con el Síndrome de Reye's. Asegurese de revisar la etiqueta y los ingredientes. Estos productos no se injieren y por lo tanto no se requiere que tengan aviso de advertencia de aspirina.

Astringentes	El Acné Bate	Limpiadores Del Acné
Bloque Del Sol	El Facial Friega	Masques Faciales
Champú De la Caspa	Frotaciones Del Dolor De la Artritis	Removedores De la Verruga
Crema hidratante De Exfoliating	La Relevación Del Dolor Del Músculo Bate	Aceites Perfumados De Wintergreen

Para más información, contacte a:
 National Reye's Syndrome Foundation, 426 N. Lewis Street, PO Box 829, Bryan, OH 43506-0829
 Llamada gratis: (800) 233-7393
 Web: www.reyessyndrome.org E-Mail: nrsf@reyessyndrome.org

Topical Products that Contain Aspirin

The following topical products are listed as they contain forms of salicylates. While these products are not ingested through the mouth, ingredients may be absorbed through the skin and therefore a potential risk where Reye's Syndrome is concerned. **Be sure to check ingredient labels. These products are not ingested and as such, not required to carry the aspirin warning.** To date no Reye's Syndrome case has been confirmed to have been caused by a topical product; but 5% of confirmed Reye's Syndrome cases list cause as "unknown". The National Reye's Syndrome Foundation is taking a proactive approach in warning children and adults about potential risk factors of Reye's Syndrome.

BRAND	PRODUCT NAMES		
AcneFree	Terminator 10 Medicated Spot Treatment	Power Pimple Peel	
Almay	Blemish Healer		
Ambi	Even & Clear Acne Clearing Treatment	Exfoliating Wash	Foaming Cleanser
Arthritis Hot	Deep Penetrating Pain Relief Cream		
Aspercreme	Back & Body Patch	Pain Relieving Creme	Pain Relieving Lotion
Aveeno	Baby Sunblock Lotion SPF 55	Clear Complexion Daily Cleansing Pads	
	Clear Complexion Cleansing Bar	Clear Complexion Daily Moisturizer	
	Clear Complexion Correcting Treatment	Clear Complexion Foaming Cleanser	
Avon	Clearskin Balanced Cycle Cleanser / Mask	SKIN SO SOFT Satin Glow Perfect Legs	
	Clearskin Blackhead Clearing Cleanser	Sun Care General Protection SPF40	
	Clearskin Cleansing Pads	Sun Care Kids Disappearing Color Sunscreen	
	Clearskin Correct & Fade Peel	Sun Care Sport Sunscreen Spray SPF30	
	Clearskin Purifying Gel Cleanser	True Pore-Fection Oil-Free Skin Clearing Lotion	
	Dramatic Firming Cream for Face and Throat	True Pore-Fection Skin Clearing Gel Cleanser	
	Foot Works Arthritis Achy Foot & Muscle Cream	True Pore-Fection Skin Refining Cleanser	
	MOISTURE THERAPY Skin Bump Minimizer	True Pore-Fection Skin Refining Mask	
	SKIN SO SOFT Bug Guard Plus	True Pore-Fection Skin Refining Toner	
Bayer	Muscle & Joint Cream		
BenGay	Arthritis Formula Cream	Ultra Strength Cream	Original Strength Patch
Biore	Blemish Fighting Cleansing Cloths	Pore Perfect Pore Unclogging Scrub	Pore Perfect Cleansing Cloths
	Blemish Fighting Ice Cleanser	Pore Perfect Triple Action Astringent	
Blistex	Facewipes to Go		
Boots	Sanctuary Body Scrub	Mande Lular Sensuous Bath	Sanctuary Salt Scrub
Burt's Bees	Peach & Willow Bark Deep Pore Scrub	Parsley Blemish Stick	Marshmallow Vanishing Creme
Clairol	Nice 'n Easy Color Gray Solution Permanent Color		
Clean & Clear	Advantage Acne Clearing Astringent	Advantage Deep Cleansing Pads	Deep Action Cream Cleanser
	Advantage Acne Control Moisturizer	Advantage Invisible Acne Patch	Deep Cleaning Astringent
	Advantage Acne Spot Treatment	Continuous Control Acne Wash	Dual Action Moisturizer
Clearasil	Blackhead Control Astringent	For Men - Energizing Acne Scrub	Ultra Acne Clearing Gel Wash
	Blackhead Control Pads	For Men - Skin Clearing After Shave Balm	Ultra Acne Clearing Scrub
	Blackhead Control Scrub	StayClear Daily Face Wash	Ultra Daily Face Wash
	Blackhead Control Treatment Gel	Ultra Acne Clearing Astringent	Ultra Deep Pore Cleansing Pads
Compound W	Fast-Acting Gel or Liquid	One Step Invisible Strips	One Step Pads
CVS	Acne Body Wash	Daily Cleansing Pads	Pain Relief Balm Extra Strength
	Antiseptic Mouth Rinse	Daily Renewal Cream	Plantar Wart Remover
	Arthricream Cream Rub	Facial Moisturizer SPF15	Wart Remover Liquid
	Clarifying Body Scrub	Muscle Rub	Wart Remover Medicated Discs
	Daily Blackhead Scrub	Muscle Rub Ultra Strength	
Dermarest	Psoriasis Medicated Moisturizer	Psoriasis Medicated Shampoo Plus Conditioner	
	Psoriasis Medicated Overnight Treatment	Psoriasis Medicated Skin Treatment	
	Psoriasis Medicated Scalp Treatment		
DHS	Sal Shampoo		
Dr. Scholl's	Clear Away Fast Acting Liquid	Corn Removers	Medicated Callus Removers
	Clear Away Wart Remover Invisible Strips	Corn/Callus Remover Liquid	For Her Foot Serum
	Clear Away One Step Wart Remover	Dual Action Freeze Away	
DuoFilm	Liquid Wart Remover	Plantar Patch	
	Patch	Salicylic Acid Wart Remover	
Elizabeth Arden	Good Nights Sleep Restoring Cream	Perpetual Moisture 24 Lotion	
	Green Tea Enriched Body Butter	Sensitive Skin Calming Moisture Lotion	

BRAND	PRODUCT NAMES		
Equate	Acne Pads - Maximum Strength	Clarifying Facial Cleanser	Everyday Hydrating Cloths
	Acne Wash	Creamy Facial Cleanser	Foot Powder
	Anticavity Alcohol Free Fluoride Rinse	Daily Renewal Cleanser	Medicated Body Powder
	Antiseptic Mouthrinse	Everyday Deep Cleansing Cloths	Ultra Strength Muscle Rub
Flexall454	Gel Maximum Strength	Gel Original	
Gold Bond	Triple Action Medicated Body Powder		
Icy Hot	Balm	Chill Stick	Cream
L'Oreal	Advanced RevitaLift Complete Day Cream	Pure Zone Cleansing Cloths	Studio Line Glass Shine Spray
	Advanced RevitaLift Mask	Pure Zone Pore Tightening Astringent	VIVE Pro Color Vive Conditioner
	Excellence Creme Hair Color	Pure Zone Pore Unclogging Scrub	VIVE Pro Color Vive Shampoo
Mary Kay	Blemish Control Toner	Terme D'Isola Hydrating Body Lotion	Velocity Facial Cleanser
	Daily Protection Moisturizer with Sunscreen	Terme D'Isola Moisturizing Body Wash	Velocity Lightweight Moisturizer
Neutrogena	Blackhead Eliminating Astringent	Oil Free Acne Wash	Rapid Clear Acne Spot Gel
	Blackhead Eliminating Daily Scrub	Oil Free Acne Wash Cleansing Cloths	Rapid Clear Treatment Pads
	Blackhead Eliminating Treatment Mask	Oil Free Acne Wash Cream Cleanser	Skin Clearing Oil-Free Make-up
	Body Clear Body Wash	Oil-Free Anti-Acne Moisturizer	T/Gel Conditioner
	Clear Pore Oil Eliminating Astringent	Rapid Clear Acne Defense Lotion	T/Sal Shampoo
Noxema	2-in-1 Astringent Acne Medication	2-in-1 Deep Facial Cleansing Cloths	Triple Clean Pads
Olay	Daily Facials Clarity Lathering Cloths	Daily Facials Night Cleansing Cloths	Total Effects Daily Cleanser
	Daily Facials Intensives Smooth Skin Scrub	Total Effects Wet Cleansing Cloths	Total Effects Moisturizer
	Daily Facials Lathering Cleansing Cloths	Total Effects Cleansing Cloths	Total Effects Vitamin Complex
Orajel	Antiseptic Mouth Sore Rinse	Nighttime Formula Cream	Severe Pain Formula
Oxy	Bar Soap	Chill Factor Daily Cleansing Pads	Maximum Daily Cleansing Pads
	Body Wash	Chill Factor Face Scrub	Maximum Face Scrub
Pedinol	Hydrisalic Gel	Salactic Film	Ti-Screen Sports Gel
	Sal-Acid Plasters	Sal-Plant Gel	Ti-Screen Sunscreen
Pernox	Scrub Cleanser		
PFB Vanish	Roll-On Razor Bump Treatment		
Revlon	Age Defying Concealer	Custom Effects Highlights Salon Quality Lightening Contrasts	
	ColorStay Blemish Concealer	Custom Effects Lowlights Salon Quality Darkening Contrasts	
Rite Aid	Arthritic Pain Rub	Ultra Strength Muscle Rub	
	Corn & Callus Remover	Wart Liquid	
Salex	Cream	Lotion	
Sportscreme	Deep Penetrating Pain Relieving Rub		
St. Ives	Clear Pore Cleanser	Peel-Off Hydroxy Masque	Medicated Apricot Scrub
Stri-Dex	Essential Care Pads	Maximum Strength Pads	Sensitive Skin Pads
Tend Skin	Lotion		
Walgreens	Analgesic Cream with Aloe	Exfoliating Moisturizer	Medicated Callus Removers
	Blackhead Clearing Scrub	Cool & Heat Therapy Cream	Oil-Free Acne Wash
	Corn & Callus Remover, Liquid	Wart Remover Liquid	Ultra Strength Muscle Rub

Most of the above listed products are available for sale on the internet. Most websites do not even list the ingredients. NONE of these products have the Reye's Syndrome Warning on the packaging.

Miscellaneous Items Which Contain Salicylates

Antiseptics, Beverages, Candies, Cosmetics, Gum, Lozenges, Mouthwash, Perfumes, Shampoo, Sunblock, Toothpaste, Wintergreen Oil
Our website offers lists of salicylate free products at www.reyessyndrome.org/literature.html

Food and Plants Which Contain Salicylates

Acacia, Almonds, Apples, Apricots, Aspens, Birches, Blackberries, Calycanthus, Carnellia, Cherries, Currants, Gooseberries, Grapes, Hyacinth, Marigold, Nectarines, Oranges, Peaches, Plums, Poplars, Spiraea, Teaberry, Willows

Various Salicylic Compounds

Acetyl Salicylic Acid	Calcium Acetyl Salicylate	Octisalate	Santyl (Santalyl Salicylate)
Aluminum Acetyl Salicylate	Choline Salicylate	Octyl Salicylate	Sodium Salicylate
Ammonium Salicylate	Ethyl Salicylate	Procaine Salicylate	Stroncyate
Amyl Salicylate	Ethylhexyl Salicylate	Sal Ethyl Carbonate	Strontium Salicylate
Arthropan	Lithium Salicylate	Salicylamide	Sulfosalicylic Acid
Benzyl Salicylate	Methyl Salicylate	Salicylanilide	Tridecyl Salicylate
Butyloctyl Salicylate	Methylene Disalicylic Acid	Salicylsalicylic Acid	Trolamine Salicylate

Los Sigüientes Productos

Los siguientes productos, estan enumerandolos porque tambien pueden contener alguna forma de Salicylates. Aunque estos productos no se injieren a traves de la boca, ciertos ingredientes se pueden absorber mediante la piel y por lo tanto es posible que tenga riesgos para personas con el Síndrome de Reye's. Asegurese de revisar la etiqueta y los ingredientes. Estos productos no se injieren y por lo tanto no se requiere que tengan aviso de advertencia de aspirina.

Marca de fábrica	Nombre Del Producto	Nombre Del Producto
Aveeno	Aveeno Daily Moisturizer Clear Complexion	Aveeno Clear Complexion Cleansing Bar
Avon	Avon Sun Baby Lotion SPF 40 Avon Sun Baby Sunscreen Lotion SPF 40 Avon Sun Body Block Cream SPF 30 Avon Sun Care General Protection Lotion SPF 30 Avon Sun Care General Protection SPF 40 Avon Sun Care Kids Disappearing Color Lotion SPF 40 Avon Sun-So-Soft Bug Guard Mosquito Repellant Spray SPF 15 W/P Avon Sun Kids SPF 40 Lotion Avon Sun Wand Blue Blast Skin-S-Soft Moisturizing Suncare Disappearing Color Mosquito, Flea & Deer Tick Repellant Avon Sun Care Sport Sunscreen Spray SPF 30 Skin-So-Soft Bug Guard Mosquito Repellant Moisturizing Lotion for Kids Skin-So-Soft Bug Guard Mosquito Repellant Moisturizing Sunblock Spray Skin-So-Soft Bug Guard Plus Insect Repellant Lotion Skin-So-Soft Insect Repellant Spray Skin-So-Soft Kids Sunblock SPF 40 Sun-So-Soft Skin-So-Soft Moisturizing Suncare Plus SPF 30 Skin-So-Soft Sunscreen Lotion SPF 30 UVA/UVB Protection Skin-So-Soft Sunscreen Lotion For Kids SPF 40 UVA/UVB Protection Skin-So-Soft Sunscreen Stick UVA/UVB Protection Becoming Luminous See Spot Go Acne Treatment	Anew Perfecting Complex for Face Anew Perfecting Lotion for Problem Skin Clear Finish Great Complexion Pressed Powder Clearskin 2 Oil-Skin Moisture Supplement Clearskin Overnight Acne Treatment Clear Finish Oil-Free Foundation Anti-Acne with Salicylic Acid Anew Pure 02 Oxygenating Youth Complex SPF 15 Clearskin Daily Multi-Benefit Balancer Clear Finish Concealer Anti-Acne Treatment Clear Finish Great Complexion Foundation Clearskin Extra Strength Astringent Cleansing Lotion Clearskin Extra Strength Cleansing Pads Clearskin Maximum Strength Astringent Cleansing Lotion Clearskin Body Wash Clearskin Medicated Body Scrub Clearskin Medicated Gel Wash Clearskin Targeted Blemish Remover Clearskin Thursday Night Medicated Mask Moisture Lift Protective Cream SPF 15 Moisture Lift Protective Lotion SPF 15 Soothing Therapeutic Cream for Achy Feet and Muscles Cold Season Rub
Bayer	Bayer Muscle & Joint Cream	
Beiersdorf	Mediplast	
Bioglan	Occlusal-HP	
Biore	Biore Blemish Fighting Cleansing Clothes	Biore Blemish Fighting Cleanser
Blistex	Stri-Dex Clear Gel Maximum Strength Stri-Dex Sensitive Skin Pads Stri-Dex Super Scrub Pads	Stri-Dex Regular pads Stri-Dex Pads maximum Strength Mediplast
Boots Health Care	Clearasil Total Control Deep Pore Cream Cleanser StayClear Zone-Controlled Clearstick	StayClear Deep Cleaning Pads
Bristol Meyes Squibb	Fostex Medicated Bar Sebucare Lotion Sebutone Sebulex with Conditioners	Fostex Medicated Cream Pernox Scrub Sebulex
Chattem, Inc.	Aspercreme Icy Hot Cream Icy Hot Stick	Flexall Plus Sportscreme
Covey	DHS Sal Shampoo	
CVS	CVS Acne Body Wash CVS Muscle Rub CVS Arthricream Cream Rub CVS Artic Heat Pain Relief Balm Extra Strength CVS Muscle Rub Ultra Strength CVS Daily Renewal Cream	CVS Antacid and Pain Reliever Tablets Effervescent Original CVS Wart Remover CVS Plantar Wart Remover CVS Wart Remover For Hands
Del	Propa pH Peel-Off Acne Mask Propa pH Astringent Cleanser Propa pH Maximum Strength Astrigent Cleanser	Propa pH Cleanser Propa pH Foaming Face Wash Off-Ezy Wart Remover
Doak	Trans-Ver-Sal	
Dr. Scholl's	Dr. Scholl's Clear Away Clear Wart Remover	Dr. Scholl's Clear Away Remover Discs
GlxoSmith	Deep Cleansing Shower Gel	Oxy Balance Daily Cleansing Pads
Kline	Oxy Balance Maximum Cleaning pads	Multi-Action Astringent
Gordon	Gordofilm	
Healthpoint	Ionil Plus	Ionil T
Hope	Versiclear	
IVAX	P&S	
Johnson & Johnson	Clean & Clear Astringent Clean & Clear Dual Action Moisturizer Clean & Clear Overnight Acne Patches Clean & Clear Invisible Blemish Treatment Clean & Clear Concealing Treatment Stick	Clean & Clear Blackhead Clearing Scrub Clean & Clear Deep Action Cream Cleanser Clean & Clear Deep Action Cleansing Wipes Clean & Clear Advantage Acne Cleanser Clean & Clear Clearing Lotion

Marca de fábrica	Nombre Del Producto	Nombre Del Producto
L'Oreal	L'Oreal Pure Zone Pore Unclogging Scrub L'Oreal Pure Zone Pore Tightening Astringent	L'Oreal Pure Zone Cleansing Clothes
Mary Kay	Velocity Facial Cleanser Velocity Lightweight Moisturizer Blemish Control Toner Daily Protection Moisturizer with Sunscreen SPF 15 Oil Mattifier	Sun Essentials Ultimate Protection Sunblock SPF 30 Terme D'Isola Moisturizing Body Wash Terma D'Isola Body Smoothing Scrub Terme D'Isola Hydrating Body Lotion Timewise Visibly Fit Body Lotion
Medtech	Compound W Gel Freezone Pads	Compound W Liquid
Neutrogena	Neutrogena Oil Free Acne Wash Neutrogena Oil Free Acne Wash Cream Cleanser Neutrogena Oil Free Acne Wash Cleansing Cloths Neutrogena 60 Second Mask Scrub Neutrogena Clear Gel Pore Treatment	Neutrogena Blackhead Eliminating Daily Scrub Neutrogena Blackhead Eliminating Astringent Neutrogena Blackhead Eliminating Treatment Mask Neutrogena Clear Pore Oil-Controlling Astringent Neutrogena T/Sal Maximum Strength
Pedinol	Hydrisalic Sal-Plant Gel	Sal-Acid
Pfizer	Wart-Off	
Proctor & Gamble	Oil of Olay Age Defying Series Daily Renewal Cleanser with Gentle Microbeac Noxema 2-in-1 Pads Extra Strength	Olay Total Effects Anti-aging Wet Clothes Noxema 2-in-1 Astringent
Rite Aid	Rite Aid Deep Cleansing Wash, Facial Cleanser Rite Aid Wart Liquid	Rite Aid Corn & Callus Remover
Schering-Plough	Clear Away Gel Clear Away Plantar System DuoFilm	DuoPlant Gel Clear Away Liquid
Sirius	Meted (Improved)	
St. Ives	St. Ives Apricot Scrub St. Ives Clear Pore Cleanser	St. Ives Hydroxy Masque
Stiefel	Salicylic Acid Cleansing Bar	Salicylic Acid and Sulfur Soap
Summers	SalAc Acne Medication-Cleanser	Tarsum
Triton	MG 217 Sal-Acid	MG 217 Medicated Tar-Free Shampoo

Artículos Misceláneos Que Contienen Los Salicylates

Antisépticos	Bebidas	Caramelos	Cosméticos	Goma	Enjuague	Crema dental
Perfumes	Champú	Bloque Del Sol	Losanjes	Aceite De Wintergreen		

Alimentos y plantas que contienen los salicylates

Albaricoques	Almendras	Manzanas	Acacia	Álamos tembloses	Teaberry	Grosellas espinosas
Calycanthus	Camellia	Cerezas	Pasas	Sauces	Melocotones	Ciruelos
Maravilla	Nectarinas	Naranjas	Abedules	Uvas	Álamos	Spiraea
Zarzamoras	Jacinto					

Varios Compuestos Salicólicos

Acetyl Salicylic Acid	Calcium Acetyl Salicylate	Methyl Salicylate	Santyl (Santaly Salicylate)	Salicylamide
Aluminum Acetyl Salicylate	Choline Salicylate	Procaine Salicylate	Sodium Salicylate	Methylene disalicylic acid
Ammonium Salicylate	Ethyl Salicylate	Sal Ethyl Carbonate	Stroncyate	Salicylanilide
Arthropan	Lithium Salicylate	Salicylsalicylic acid	Strontium Salicylate	Sulfosalicylic Acid

BECAUSE YOU NEED TO KNOW....

Reye's Syndrome

CAUSE AND CURE: UNKNOWN

Reye's Syndrome is a frightening, swift-acting disease that most often strikes children and adolescents recovering from viral illnesses. No one is immune.

Research has shown an association between the development of Reye's Syndrome and the use of aspirin or aspirin-containing medications.

Aspirin and combination products containing aspirin (salicylates) should not be given to children under 19 years of age.

Reye's Syndrome usually appears soon after a viral illness or upper respiratory infection, such as flu, chicken pox or the common cold.

Symptoms include:

- Continuous or relentless vomiting.
- Listlessness, loss of energy.
- Irritability and combativeness.
- Confusion and disorientation.
- Aggression, striking out at those trying to help.
- Coma

Time is critical, and if Reye's Syndrome is suspected, get to a hospital right away. Early diagnosis is vitally important if treatment is to be successful.

Common Aspirin Containing Medicines to Avoid:

- | | |
|----------------|--------------|
| • Aspirin | • Maalox |
| • Alka-Seltzer | • Excedrin |
| • Pepto-Bismol | • Aleve |
| • Pamprin | • Kaopectate |

READ ALL LABELS FOR SALICYLATES

National Reye's Syndrome Foundation
P. O. Box 829
Bryan, Ohio 43506
1-800-233-7393
www.reyessyndrome.org
nrsf@reyessyndrome.org

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What is Reye's Syndrome?



For Kids' Sake, find out NOW!

Reye's Syndrome is a disease that attacks all organs of the body, especially the brain and the liver.

Never give children under the age of 19 aspirin or products that contain aspirin.



Reye's Syndrome usually appears after the flu, chicken pox, or other viral infections.

The early signs of Reye's Syndrome are;

- Vomiting that will not stop
- Difficult to wake up; listless
- Loss of pep, or energy
- Unusual behavior; aggressive, confusion
- Symptoms in infants do not always include vomiting, but may include diarrhea, and rapid shallow breathing

Medicine can mask Reye's Syndrome symptoms so do not give children aspirin or anti-nausea medication.

Phone your doctor immediately if you think your child may have Reye's Syndrome. If your doctor is not available, take the child to the nearest emergency room.

Time is important! Early diagnosis is VITAL!

Never give children under the age of 19 aspirin (salicylate) or aspirin (salicylate) containing products. Check the label for any type of salicylate in children's products.

For more information; www.ReyesSyndrome.Org
or 800-233-7393

The National Reye's Syndrome Foundation
PO Box 829
Bryan, OH 43506

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The National Reye's Syndrome Foundation
PO Box 829
Bryan, OH 43506

BE INFORMED ABOUT REYE'S SYNDROME



Reye's Syndrome usually appears after a flu-like illness, upper respiratory infection, chicken pox, etc. It has been reported in children and adults.



The early signs are usually continuous vomiting, listlessness, loss of pep, aggressiveness, confusion and irrational behavior.



Medicines at the very least can mask symptoms. **DO NOT** give your child aspirin or anti-nausea medicine.



Phone your doctor immediately. If the doctor is unavailable, contact your closest hospital emergency team.



Abnormal Liver Test: SGOT and SGPT strongly suggest a diagnosis of Reye's Syndrome. Also there may be elevations in the blood ammonia level.



Time is important!
Early diagnosis is **VITAL!**

(800) 233-7393

www.reyessyndrome.org

Email: nrsf@reyessyndrome.org



National Reye's Syndrome Foundation, Inc.

Ser informado acerca de Síndrome de Reye



Síndrome de Reye suele aparecer después de una enfermedad como la gripe, infección respiratoria superior, la varicela, etc. Se ha reportado en niños y adultos.



Los primeros signos suelen ser continuos vómitos, apatía, pérdida de energía, agresividad, confusión y comportamiento irracional.



Medicamentos al menos puede enmascarar los síntomas. **NO** le dé a su niño aspirina o medicamentos contra las náuseas.



Teléfono de su médico de inmediato. Si el médico no está disponible, póngase en contacto con su equipo de emergencia del hospital más cercano.



Anormales de las pruebas hepáticas de prueba: SGOT y SGPT sugieren fuertemente un diagnóstico de Síndrome de Reye. También puede haber elevaciones en el nivel de amoníaco en sangre.



El tiempo es importante! Diagnóstico Precoz es VITAL!

800-233-7393

www.ReyesSyndrome.Org
nrsf@reyessyndrome.org



Nacional de la Fundación Síndrome de Reye



How to Give Medicine to Children

Do You Know How To Give Medicine To Children?

If you are caring for a child who needs medicine, it's important that you know how to give the medicine the right way.

Over-the-Counter Drugs

Over-the-counter drugs are also called OTC drugs. They are medications you can buy without a doctor's prescription. You usually find them on drugstore shelves, or in supermarkets and other stores. OTC drugs have information on the bottle or box. Always read this information before using the medicine. This information tells you:

- how much to give
- how often to give it
- what is in the medication
- warnings about using the drug
- if the drug is safe for children. If no dose is given on the bottle or package for children under 12 years old, ask your doctor or pharmacist:
 - Is it OK to give the medicine to my child?
 - How much should I give my child and when?

If the medicine has alcohol in it, as some cough and cold syrups do, you may want to ask the doctor if it's OK for your child to take it.

Before buying the product, make sure the safety seal is not broken. If it's broken or torn, buy another box or bottle with an unbroken seal. Show the product with the broken seal to the pharmacist or sales person.

If your child has a cold, flu, or chickenpox, do not give your child any product with aspirin or similar drugs called salicylates unless your doctor tells you to. Aspirin and other salicylates given to children with symptoms of cold, flu, or chickenpox can cause a rare but sometimes deadly condition called Reye syndrome. Instead of aspirin or other salicylates, you can give your child acetaminophen (sold as Tylenol, Datril, and other brands).

When The Doctor Prescribes The Medicine

If a doctor prescribes a drug for your child, before you leave the doctor's office ask any questions you have about the drug. Some of these questions may be:

- What is the drug and what is it for?
- Will this drug cause a problem with other drugs my child is taking?
- How often does my child need to take this medicine?
- How many days or weeks does my child need to take this medicine?
- What if I miss giving my child a dose?
- How soon will the drug start working?
- What side effects does it have?
- What should I do if my child gets any of these side effects?
- Should I stop giving the medicine when my child gets better?

- Is there a less expensive generic version that I can use?

When you get the medicine, check to see if it's the color and size you expected from the doctor's description. If not, ask the pharmacist about it. When filling a prescription, the pharmacist will often give you printed information with the medicine. If you don't understand the information, or if you have questions, ask the pharmacist. If you still have questions, call your doctor.

How To Measure

Liquid medicines usually come with a cup, spoon, or syringe to help measure the right dose. Be sure to use it. The devices that come with the medicine are better for measuring than kitchen spoons because the amount of medicine kitchen spoons hold can differ a lot. For example, one kitchen teaspoon could hold nearly twice as much as another.

The numbers on the side of measuring instruments are usually small, so read them carefully. Here are the most common types of dosing instruments and tips for using them:

Dosage cups

For children who can drink from a cup without spilling. Look closely at the numbers on the side to make sure you get the dose right. Measure out the liquid with the cup at eye level on a flat surface.

Cylindrical dosing spoons

For children who can drink from a cup but are likely to spill. The spoon looks like a wide straw with a small spoon at the top. Measure the liquid in the spoon at eye level. Have the child sip the medicine from the spoon.

Droppers

For children who can't drink from a cup. Put the medicine into the dropper and measure at eye level. Give to the child quickly before the medicine drips out.

Syringes

For children who can't drink from a cup. You can squirt the medicine into the back of the child's mouth where it's less likely to spill out. Some syringes come with caps to prevent the medicine from leaking out. Be sure to remove these caps before giving the medicine to the child, or the child could choke on the cap. Throw away the cap or place it out of reach of children. You can fill a syringe with the right dose and leave it capped for a babysitter to give to your child later. Make sure you tell the sitter to remove the cap before giving the medicine to your child. It's best to use syringes specially made to give medicines to children. But if you find you have to use a hypodermic syringe, always remove the needle first.

Do You Have More Questions?

If you're not sure about the medicine or how to give it to your child, ask your pharmacist or doctor. Or ask the FDA.

The FDA may have an office near you. Look for the number in the blue pages of your phone book. You can also call the FDA on its toll-free number: (888) INFO-FDA (463-6332).

Or you can find the FDA on the Internet at www.fda.gov

The Food and Drug Administration is an agency of the U.S. Department of Health and Human Services that makes sure that medicines given to children work and are safe.

Department of Health and Human Services
Food and Drug Administration
5600 Fishers Lane (HFI-40)
Rockville, MD 20857

FDA05-1115C

[Quick Information for Your Health](#)


Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

Child's Name _____

Birth Date _____

		Birth	1 MONTH	2 MONTHS	4 MONTHS	6 MONTHS
Recommended Immunizations	Hepatitis B	<input type="radio"/> HepB	<input type="radio"/> HepB ¹			<input type="radio"/> HepB
	Rotavirus			<input type="radio"/> RV	<input type="radio"/> RV	<input type="radio"/> RV
	Diphtheria, Tetanus, Pertussis			<input type="radio"/> DTaP	<input type="radio"/> DTaP	<input type="radio"/> DTaP
	<i>Haemophilus influenzae</i> type b			<input type="radio"/> Hib	<input type="radio"/> Hib	<input type="radio"/> Hib
	Pneumococcal			<input type="radio"/> PCV	<input type="radio"/> PCV	<input type="radio"/> PCV
	Inactivated Poliovirus			<input type="radio"/> IPV	<input type="radio"/> IPV	<input type="radio"/> IPV
	Influenza					<input type="radio"/> Influenza, first dose ² <input type="radio"/> second dose
Milestones*	<p>Milestones should be achieved by the end of the age indicated.</p> <p>Talk to your child's doctor about age-appropriate milestones if your child was born prematurely.</p>	<input type="radio"/> Recognizes caregiver's voice <input type="radio"/> Turns head toward breast or bottle <input type="radio"/> Communicates through body language, fussing or crying	<input type="radio"/> Starts to smile <input type="radio"/> Raises head when on tummy <input type="radio"/> Calms down when rocked, cradled or sung to	<input type="radio"/> Begins to smile at people <input type="radio"/> Coos, makes gurgling sounds <input type="radio"/> Begins to follow things with eyes <input type="radio"/> Can hold head up	<input type="radio"/> Babbles with expression <input type="radio"/> Likes to play with people <input type="radio"/> Reaches for toy with one hand <input type="radio"/> Brings hands to mouth	<input checked="" type="radio"/> Knows familiar faces <input checked="" type="radio"/> Responds to own name <input checked="" type="radio"/> Brings things to mouth <input checked="" type="radio"/> Rolls over in both directions
Growth	<p>At each well child visit, enter date, length, weight, and percentile information to keep track of your child's progress.</p>	_____ WEIGHT / PERCENTILE _____ LENGTH / PERCENTILE _____ HEAD CIRCUMFERENCE	_____ WEIGHT / PERCENTILE _____ LENGTH / PERCENTILE _____ HEAD CIRCUMFERENCE	_____ WEIGHT / PERCENTILE _____ LENGTH / PERCENTILE _____ HEAD CIRCUMFERENCE	_____ WEIGHT / PERCENTILE _____ LENGTH / PERCENTILE _____ HEAD CIRCUMFERENCE	_____ WEIGHT / PERCENTILE _____ LENGTH / PERCENTILE _____ HEAD CIRCUMFERENCE

continues on back page

 Shaded boxes indicate the vaccine can be given during shown age range.

VISIT DATE _____

VISIT DATE _____

VISIT DATE _____

VISIT DATE _____

VISIT DATE _____

Remember: Never give a child aspirin or aspirin products - you could trigger Reye's Syndrome: www.reyessyndrome.org

¹ The second dose of HepB may be given either at the 1 month or 2 month visit.

² Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

* Milestones adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

If your child has any medical conditions that put him at risk for infections or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics




DEDICATED TO THE HEALTH OF ALL CHILDREN™

Immunizations and Developmental Milestones for Your Child from Birth Through 6 Years Old

Child's Name _____

Birth Date _____

		12 MONTHS	15 MONTHS	18 MONTHS	19 23 MONTHS	2-3 YEARS	4-6 YEARS
Recommended Immunizations	Hepatitis B	<input type="radio"/> HepB (Final dose administered between 6 and 18 months)					
	Diphtheria, Tetanus, Pertussis		<input type="radio"/> DTaP				<input type="radio"/> DTaP
	Haemophilus influenzae type b	<input type="radio"/> Hib					
	Pneumococcal	<input type="radio"/> PCV					
	Inactivated Poliovirus	<input type="radio"/> IPV					<input type="radio"/> IPV
	Influenza	<input type="radio"/> Influenza , first dose ² <input type="radio"/> second dose (if needed)			Age 2 3 <input type="radio"/> <input type="radio"/> Influenza , first dose ² <input type="radio"/> <input type="radio"/> second dose (if needed)		Age 4 5 6 <input type="radio"/> <input type="radio"/> <input type="radio"/> Influenza , first dose ² <input type="radio"/> <input type="radio"/> <input type="radio"/> second dose (if needed)
	Measles, Mumps, Rubella	<input type="radio"/> MMR					<input type="radio"/> MMR
	Varicella	<input type="radio"/> Varicella					<input type="radio"/> Varicella
Hepatitis A	<input type="radio"/> <input type="radio"/> Hep A³						
Milestones*	Milestones should be achieved by the end of the age indicated. Talk to your child's doctor about age-appropriate milestones if your child was born prematurely.	<input type="radio"/> Cries when mom or dad leaves <input type="radio"/> Says "mama" and "dada" <input type="radio"/> Copies gestures (for example, waves "bye bye") <input type="radio"/> May stand alone	<input type="radio"/> Imitates what you are doing <input type="radio"/> Drinks from a cup <input type="radio"/> Scribbles on his own <input type="radio"/> Walks well	<input type="radio"/> Points to show others something interesting <input type="radio"/> Says several single words <input type="radio"/> Points to one body part <input type="radio"/> May walk up steps and run	<input type="radio"/> Plays mainly beside other children <input type="radio"/> Follows two-step commands <input type="radio"/> Plays simple make-believe games <input type="radio"/> Throws ball overhand	<input type="radio"/> Can name most familiar things <input type="radio"/> Shows affection for friends without prompting <input type="radio"/> Turns book pages one at a time <input type="radio"/> Kicks a ball	<input type="radio"/> Speaks very clearly <input type="radio"/> Tells stories <input type="radio"/> Can print some letters or numbers <input type="radio"/> Hops; may be able to skip
	Growth	At each well child visit, enter date, length, weight, and percentile information to keep track of your child's progress.	WEIGHT / PERCENTILE	WEIGHT / PERCENTILE	WEIGHT / PERCENTILE	WEIGHT / PERCENTILE	WEIGHT
		LENGTH / PERCENTILE	LENGTH / PERCENTILE	LENGTH / PERCENTILE	LENGTH / PERCENTILE	HEIGHT	HEIGHT
		HEAD CIRCUMFERENCE	HEAD CIRCUMFERENCE	HEAD CIRCUMFERENCE	HEAD CIRCUMFERENCE	BMI	BMI

 Shaded boxes indicate the vaccine can be given during shown age range.

VISIT DATE

VISIT DATE

VISIT DATE

VISIT DATE

VISIT DATE

VISIT DATE

² Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.

³ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

* Milestones adapted from *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

2013 Recommended Immunizations for Children from 7 Through 18 Years Old

Remember: Never give a child under 19 aspirin or aspirin products without consulting your doctor first. Learn more: reyssyndrome.org



These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.

These shaded boxes indicate the vaccine should be given if a child is catching-up on missed vaccines.

These shaded boxes indicate the vaccine is recommended for children with certain health conditions that put them at high risk for serious diseases. Note that healthy children **can** get the HepA series⁶. See vaccine-specific recommendations at www.cdc.gov/vaccines/pubs/ACIP-list.htm.

FOOTNOTES

¹ Tdap vaccine is combination vaccine that is recommended at age 11 or 12 to protect against tetanus, diphtheria and pertussis. If your child has not received any or all of the DTaP vaccine series, or if you don't know if your child has received these shots, your child needs a single dose of Tdap when they are 7 -10 years old. Talk to your child's health care provider to find out if they need additional catch-up vaccines.

² All 11 or 12 year olds – both girls *and* boys – should receive 3 doses of HPV vaccine to protect against HPV-related disease. Either HPV vaccine (Cervarix[®] or Gardasil[®]) can be given to girls and young women; only one HPV vaccine (Gardasil[®]) can be given to boys and young men.

³ Meningococcal conjugate vaccine (MCV) is recommended at age 11 or 12. A booster shot is recommended at age 16. Teens who received MCV for the first time at age 13 through 15 years will need a one-time booster dose between the ages of 16 and 18 years. If your teenager missed getting the vaccine altogether, ask their health care provider about getting it now, especially if your teenager is about to move into a college dorm or military barracks.

⁴ Everyone 6 months of age and older—including preteens and teens—should get a flu vaccine every year. Children under the age of 9 years may require more than one dose. Talk to your child's health care provider to find out if they need more than one dose.

⁵ A single dose of Pneumococcal Conjugate Vaccine (PCV13) is recommended for children who are 6 - 18 years old with certain medical conditions that place them at high risk. Talk to your healthcare provider about pneumococcal vaccine and what factors may place your child at high risk for pneumococcal disease.

⁶ Hepatitis A vaccination is recommended for older children with certain medical conditions that place them at high risk. HepA vaccine is licensed, safe, and effective for all children of all ages. Even if your child is not at high risk, you may decide you want your child protected against HepA. Talk to your healthcare provider about HepA vaccine and what factors may place your child at high risk for HepA.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit <http://www.cdc.gov/vaccines/teens>



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Vaccine-Preventable Diseases and the Vaccines that Prevent Them

Diphtheria (Can be prevented by Tdap vaccine)

Diphtheria is a very contagious bacterial disease that affects the respiratory system, including the lungs. Diphtheria bacteria can be passed from person to person by direct contact with droplets from an infected person's cough or sneeze. When people are infected, the diphtheria bacteria produce a toxin (poison) in the body that can cause weakness, sore throat, low-grade fever, and swollen glands in the neck. Effects from this toxin can also lead to swelling of the heart muscle and, in some cases, heart failure. In severe cases, the illness can cause coma, paralysis, and even death.

Hepatitis A (Can be prevented by HepA vaccine)

Hepatitis A is an infection in the liver caused by hepatitis A virus. The virus is spread primarily person-to-person through the fecal-oral route. In other words, the virus is taken in by mouth from contact with objects, food, or drinks contaminated by the feces (stool) of an infected person. Symptoms include fever, tiredness, loss of appetite, nausea, abdominal discomfort, dark urine, and jaundice (yellowing of the skin and eyes). An infected person may have no symptoms, may have mild illness for a week or two, or may have severe illness for several months that requires hospitalization. In the U.S., about 100 people a year die from hepatitis A.

Hepatitis B (Can be prevented by HepB vaccine)

Hepatitis B is an infection of the liver caused by hepatitis B virus. The virus spreads through exchange of blood or other body fluids, for example, from sharing personal items, such as razors or during sex. Hepatitis B causes a flu-like illness with loss of appetite, nausea, vomiting, rashes, joint pain, and jaundice. The virus stays in the liver of some people for the rest of their lives and can result in severe liver diseases, including fatal cancer.

Human Papillomavirus (Can be prevented by HPV vaccine)

Human papillomavirus is a common virus. HPV is most common in people in their teens and early 20s. It is the major cause of cervical cancer in women and genital warts in women and men. The strains of HPV that cause cervical cancer and genital warts are spread during sex.

Influenza (Can be prevented by annual flu vaccine)

Influenza is a highly contagious viral infection of the nose, throat, and lungs. The virus spreads easily through droplets when an infected person coughs or sneezes and can cause mild to severe illness. Typical symptoms include a sudden high fever, chills, a dry cough, headache, runny nose, sore throat, and muscle and joint pain. Extreme fatigue can last from several days to weeks. Influenza may lead to hospitalization or even death, even among previously healthy children.

Measles (Can be prevented by MMR vaccine)

Measles is one of the most contagious viral diseases. Measles virus is spread by direct contact with the airborne respiratory

droplets of an infected person. Measles is so contagious that just being in the same room after a person who has measles has already left can result in infection. Symptoms usually include a rash, fever, cough, and red, watery eyes. Fever can persist, rash can last for up to a week, and coughing can last about 10 days. Measles can also cause pneumonia, seizures, brain damage, or death.

Meningococcal Disease (Can be prevented by MCV vaccine)

Meningococcal disease is caused by bacteria and is a leading cause of bacterial meningitis (infection around the brain and spinal cord) in children. The bacteria are spread through the exchange of nose and throat droplets, such as when coughing, sneezing or kissing. Symptoms include nausea, vomiting, sensitivity to light, confusion and sleepiness. Meningococcal disease also causes blood infections. About one of every ten people who get the disease dies from it. Survivors of meningococcal disease may lose their arms or legs, become deaf, have problems with their nervous systems, become developmentally disabled, or suffer seizures or strokes.

Mumps (Can be prevented by MMR vaccine)

Mumps is an infectious disease caused by the mumps virus, which is spread in the air by a cough or sneeze from an infected person. A child can also get infected with mumps by coming in contact with a contaminated object, like a toy. The mumps virus causes fever, headaches, painful swelling of the salivary glands under the jaw, fever, muscle aches, tiredness, and loss of appetite. Severe complications for children who get mumps are uncommon, but can include meningitis (infection of the covering of the brain and spinal cord), encephalitis (inflammation of the brain), permanent hearing loss, or swelling of the testes, which rarely can lead to sterility in men.

Pertussis (Whooping Cough) (Can be prevented by Tdap vaccine)

Pertussis is caused by bacteria spread through direct contact with respiratory droplets when an infected person coughs or sneezes. In the beginning, symptoms of pertussis are similar to the common cold, including runny nose, sneezing, and cough. After 1-2 weeks, pertussis can cause spells of violent coughing and choking, making it hard to breathe, drink, or eat. This cough can last for weeks. Pertussis is most serious for babies, who can get pneumonia, have seizures, become brain damaged, or even die. About two-thirds of children under 1 year of age who get pertussis must be hospitalized.

Pneumococcal Disease

(Can be prevented by Pneumococcal vaccine)

Pneumonia is an infection of the lungs that can be caused by the bacteria called pneumococcus. This bacteria can cause other types of infections too, such as ear infections, sinus infections, meningitis (infection of the covering around the brain and spinal

cord), bacteremia and sepsis (blood stream infection). Sinus and ear infections are usually mild and are much more common than the more severe forms of pneumococcal disease. However, in some cases pneumococcal disease can be fatal or result in long-term problems, like brain damage, hearing loss and limb loss. Pneumococcal disease spreads when people cough or sneeze. Many people have the bacteria in their nose or throat at one time or another without being ill—this is known as being a carrier.

Polio (Can be prevented by IPV vaccine)

Polio is caused by a virus that lives in an infected person's throat and intestines. It spreads through contact with the feces (stool) of an infected person and through droplets from a sneeze or cough. Symptoms typically include sudden fever, sore throat, headache, muscle weakness, and pain. In about 1% of cases, polio can cause paralysis. Among those who are paralyzed, up to 5% of children may die because they become unable to breathe.

Rubella (German Measles) (Can be prevented by MMR vaccine)

Rubella is caused by a virus that is spread through coughing and sneezing. In children rubella usually causes a mild illness with fever, swollen glands, and a rash that lasts about 3 days. Rubella rarely causes serious illness or complications in children, but can be very serious to a baby in the womb. If a pregnant woman is infected, the result to the baby can be devastating, including miscarriage, serious heart defects, mental retardation and loss of hearing and eye sight.

Tetanus (Lockjaw) (Can be prevented by Tdap vaccine)

Tetanus is caused by bacteria found in soil. The bacteria enters the body through a wound, such as a deep cut. When people are infected, the bacteria produce a toxin (poison) in the body that causes serious, painful spasms and stiffness of all muscles in the body. This can lead to "locking" of the jaw so a person cannot open his or her mouth, swallow, or breathe. Complete recovery from tetanus can take months. Three of ten people who get tetanus die from the disease.

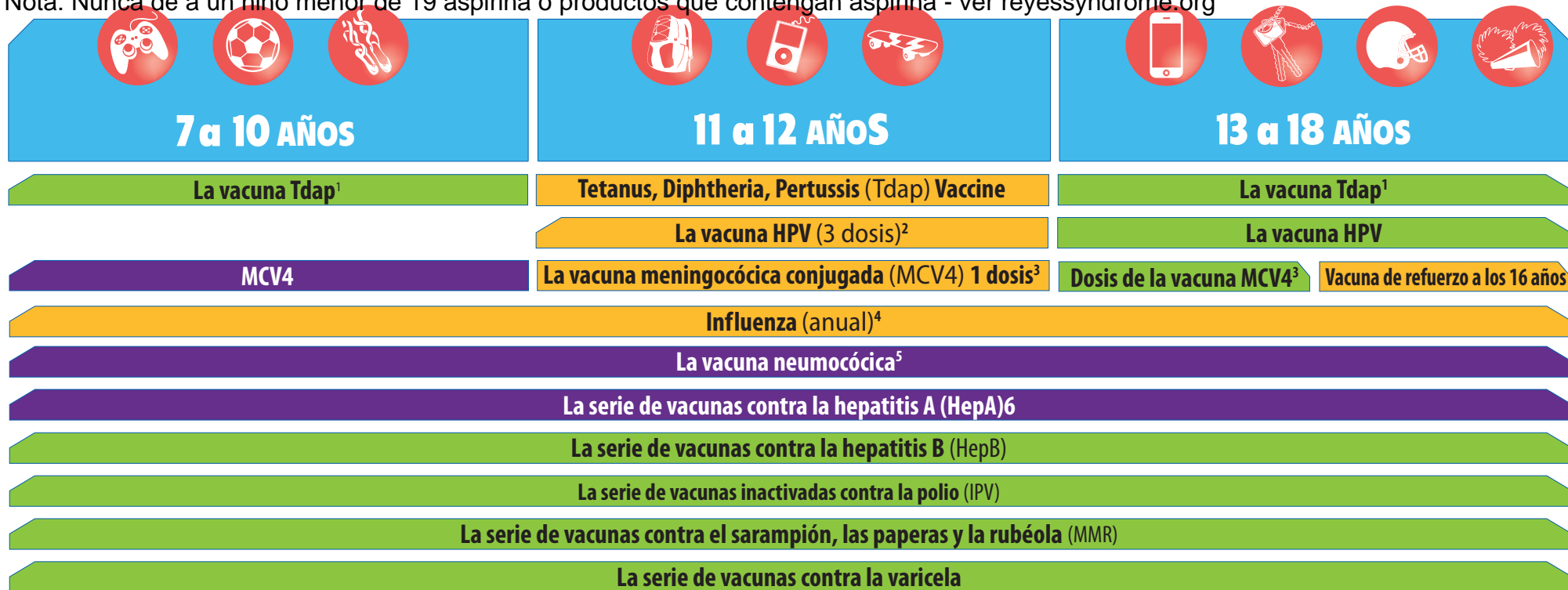
Varicella (Chickenpox) (Can be prevented by varicella vaccine)

Chickenpox is caused by the varicella zoster virus. Chickenpox is very contagious and spreads very easily from infected people. The virus can spread from either a cough, sneeze. It can also spread from the blisters on the skin, either by touching them or by breathing in these viral particles. Typical symptoms of chickenpox include an itchy rash with blisters, tiredness, headache and fever. Chickenpox is usually mild, but it can lead to severe skin infections, pneumonia, encephalitis (brain swelling), or even death.

If you have any questions about your child's vaccines, talk to your healthcare provider.

2013 Vacunas recomendadas para los niños de los 7 años hasta los 18 años de edad

Nota: Nunca dé a un niño menor de 19 aspirina o productos que contengan aspirina - ver reyessyndrome.org



Los casilleros sombreados de este color indican cuándo se recomienda la vacuna para todos los niños, a menos que su médico le indique que a su hijo no se le puede administrar la vacuna de manera segura.

Los casilleros sombreados de este color indican que se esta vacuna se le debe poner a los niños que se están poniendo al día con las vacunas que no se ha puesto.

Los casilleros sombreados de este color indican que la vacuna se recomienda para los niños que tienen ciertas afecciones de salud que los ponen en alto riesgo de contagiarse de enfermedades graves. Tenga en cuenta que los niños sanos se pueden poner la serie de las vacunas HepA⁶. Vea las recomendaciones específicas para cada vacuna en: www.cdc.gov/vaccines/pubs/ACIP-list.htm.

NOTAS A PIE DE PÁGINA

1. La vacuna Tdap es una vacuna combinada que se recomienda a los 11 o 12 años de edad para proteger contra el tétanos, la difteria y la pertusis. Si a su hijo no le han puesto ninguna vacuna de la serie DTaP, o si usted no sabe si a su niño le han puesto estas vacunas, su hijo necesita una sola dosis de la vacuna Tdap cuando tiene entre 7 a 10 años de edad. Converse con el proveedor médico de su niño para ver si necesita vacunas de actualización.
2. A todos los niños de 11 o 12 años de edad, tanto varones como mujeres, se les debe poner 3 dosis de la vacuna HPV para protegerlos contra enfermedades relacionadas con el HPV [Virus del papiloma humano]. A las niñas y a las mujeres jóvenes se les puede poner cualquiera de las vacunas contra el HPV, ya sea Cervarix[®] o Gardasil[®]; a los niños y los hombres jóvenes se les puede poner solamente una vacuna contra el HPV, es decir, Gardasil[®].
3. La vacuna meningocócica conjugada (MCV) se recomienda a la edad de 11 o 12 años. A los 16 años de edad se recomienda una vacuna de refuerzo. A los adolescentes que se les puso la vacuna MCV por primera vez entre los 13 y 15 años de edad se les tiene que poner una dosis de refuerzo entre los 16 y 18 años de edad. Si su adolescente no se puso la vacuna, pídale a su proveedor de salud que se la ponga ahora, especialmente si su adolescente está por mudarse a una residencia universitaria o barracas militares.
4. Todas las personas de 6 meses de edad en adelante, entre ellos, los preadolescentes y los adolescentes, deben ponerse una vacuna contra la influenza todos los años. Los niños menores de 9 años de edad podrían necesitar ponerse más de una dosis. Hable con el proveedor de salud de su niño para saber si necesita ponerse más de una dosis.
5. Se recomienda una sola dosis de la Vacuna Neumocócica Conjugada (PCV13) para los niños entre 6 y 18 años de edad que tienen ciertas condiciones médicas que los ponen en mayor riesgo. Converse con su proveedor médico sobre la vacuna neumocócica y sobre qué factores podrían poner a su niño en mayor riesgo de contraer la enfermedad neumocócica.
6. La vacuna contra la hepatitis A se recomienda para los niños mayores que tienen ciertas condiciones médicas que los ponen en mayor riesgo. La vacuna HepA está autorizada, es segura y eficaz para niños de todas las edades. Incluso si su niño no se encuentra en alto riesgo de contagiarse de esta enfermedad, usted podría desear proteger a su hijo contra la HepA. Converse con su proveedor médico sobre la vacuna HepA y sobre qué factores podrían poner a su niño en mayor riesgo de contraer la HepA.

Para obtener mayor información, llame gratuitamente al 1-800-CDC-INFO (1-800-232-4636) o visite el sitio web: <http://www.cdc.gov/vaccines/teens>



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Enfermedades que se pueden prevenir con vacunas y las vacunas que las previenen

La difteria (Se puede prevenir con la vacuna Tdap)

La difteria es una enfermedad muy contagiosa producida por una bacteria que afecta al sistema respiratorio, incluso los pulmones. La bacteria de la difteria se puede propagar de una persona a otra a través del contacto directo con las micro-gotas de la tos o el estornudo de una persona infectada. Cuando las personas están infectadas, la bacteria de la difteria produce una toxina (veneno) en el cuerpo que puede causar debilidad, dolor de la garganta, fiebre baja e inflamación de las glándulas en el cuello. Los efectos de esta toxina también pueden conllevar inflamación del músculo del corazón y, en algunos casos, falla cardíaca. En los casos graves, la enfermedad puede causar coma, parálisis y hasta la muerte.

La hepatitis A (Se puede prevenir con la vacuna HepA)

La hepatitis A es una infección del hígado causada por el virus de la hepatitis A. El virus se transmite principalmente de persona a persona a través de la ruta fecal-oral. En otras palabras, el virus se recibe por la boca a partir del contacto con objetos, alimentos o bebidas contaminadas por las heces (excremento) de una persona infectada. Entre los síntomas se encuentran: fiebre, cansancio, pérdida del apetito, náuseas, malestar abdominal, orine de color oscuro e ictericia (color amarillento de la piel y los ojos). Una persona infectada por el virus puede no tener síntomas, puede tener un caso leve de la enfermedad por una semana o dos, o puede tener un caso grave de la enfermedad por varios meses que requiere de hospitalización. En los Estados Unidos, alrededor de 100 personas al año mueren a consecuencia de la hepatitis A.

La hepatitis B (Se puede prevenir con la vacuna HepB)

La hepatitis B es una infección del hígado causada por el virus de la B. El virus se transmite a través del intercambio de sangre u otros fluidos corporales, como por ejemplo, el intercambio de artículos personales, tales como navajas de afeitar o mediante el contacto sexual (coito). La hepatitis B causa una enfermedad parecida a la gripe, con pérdida del apetito, náuseas, vómitos, sarpullidos, dolor de las articulaciones e ictericia. El virus se aloja en el hígado de algunas personas por el resto de sus vidas y puede resultar en enfermedades hepáticas graves, entre ellas, el cáncer fatal.

El virus del papiloma humano

(Se puede prevenir con la vacuna HPV)

El virus del papiloma humano es un virus bastante común. El HPV es más común en las personas durante los años de la adolescencia y principios de sus 20 años. Es la causa principal del cáncer del cuello del útero en las mujeres y de las verrugas genitales tanto en las mujeres como en los hombres. Las cepas del HPV que causan cáncer del cuello del útero y verrugas genitales se transmiten por contacto sexual (coito).

La influenza (Se puede prevenir con la vacuna anual contra la influenza)

La influenza es una infección viral de la nariz, la garganta y los pulmones altamente contagiosa. El virus se transmite fácilmente a través de las micro-gotas de la tos o el estornudo de una persona infectada y puede causar una enfermedad que oscila de leve a grave. Entre los síntomas típicos se encuentran: fiebre alta repentina, escalofríos, tos seca, dolor de cabeza, secreción nasal, dolor de garganta y dolores musculares y de las articulaciones. La fatiga aguda puede durar de varios días a semanas. La influenza puede conllevar a la hospitalización o hasta causar la muerte, incluso en niños que anteriormente hayan sido sanos.

El sarampión (Se puede prevenir con la vacuna MMR)

El sarampión es una de las enfermedades virales más contagiosas que existen. El virus del sarampión se transmite mediante el contacto directo con las micro-gotas respiratorias suspendidas en el aire de una persona infectada. El sarampión es tan contagioso que el tan solo estar en la misma habitación en la que haya estado una persona con sarampión puede resultar en una infección. Entre los síntomas comunes se encuentran: sarpullido, fiebre, tos y ojos enrojecidos y llorosos. La fiebre puede ser persistente, el sarpullido puede durar hasta una semana y la tos puede durar alrededor de 10 días. El sarampión paperas también puede causar neumonía, convulsiones, daños cerebrales o la muerte.

La enfermedad meningocócica (Se puede prevenir con la vacuna MCV)

La enfermedad meningocócica es causada por una bacteria y es la causa principal de la meningitis bacteriana (la infección de las membranas que cubren el cerebro y la espina dorsal) en los niños. Las bacterias se transmiten a través del intercambio de micro-gotas nasales y de la garganta al toser, estornudar y besarse. Entre los síntomas se encuentran: náuseas, vómitos, sensibilidad a la luz, confusión y somnolencia. La enfermedad meningocócica también causa infecciones sanguíneas. Alrededor de una de cada diez personas que contrae la enfermedad muere a consecuencia de ella. Los sobrevivientes de la enfermedad meningocócica pueden perder los brazos o las piernas, quedarse sordos, tener problemas en el sistema nervioso, tener discapacidades del desarrollo, o sufrir convulsiones o derrames cerebrales (apoplejías).

Las paperas (Se pueden prevenir con la vacuna MMR)

Las paperas son una enfermedad infecciosa causada por el virus de las paperas, el cual se transmite por el aire cuando una persona infectada tose o estornuda. Un niño también puede infectarse con las paperas al estar en contacto con un objeto contaminado por el virus, como un juguete por ejemplo. Las paperas causan fiebre, dolores de cabeza, inflamación dolorosa de las glándulas salivares debajo de mandíbula, fiebre, dolores musculares, cansancio y pérdida del apetito. Las complicaciones graves para los niños que tienen paperas son poco comunes, pero pueden incluir meningitis (infección de las membranas que cubren el cerebro y la espina dorsal), encefalitis (inflamación del cerebro), pérdida auditiva permanente, o inflamación de los testículos, que en raras ocasiones puede generar esterilidad en los hombres.

La pertusis (tos ferina) (Se puede prevenir con la vacuna Tdap)

La pertusis es una enfermedad causada por una bacteria que se transmite a través del contacto directo con las micro-gotas respiratorias de una persona infectada al toser o estornudar. Al principio, los síntomas de la tos ferina son similares a los del resfriado común, entre ellos: secreción nasal, estornudos y tos. Después de 1 a 2 semanas, la tos ferina puede causar períodos violentos de tos y ahogo, que dificultan respirar, beber o comer. Esta tos puede durar semanas. La pertusis es una enfermedad muy grave para los bebés, quienes pueden tener neumonía, convulsiones, daños cerebrales, e incluso, morir. Alrededor de dos tercios de los niños menores de 1 año de edad que se contagian de la tos ferina tienen que ser hospitalizados.

La enfermedad neumocócica

(Se puede prevenir con la vacuna neumocócica)

La neumonía es una infección de los pulmones que puede ser causada por la bacteria llamada neumococo. Esta bacteria también puede causar

otros tipos de infecciones tales como infecciones del oído, infecciones de los senos nasales, meningitis (infección de las membranas que cubren el cerebro y la espina dorsal), bacteriemia y sepsis (infección del torrente sanguíneo). Las infecciones de los senos nasales y del oído normalmente son leves y son mucho más comunes que las formas más graves de la enfermedad neumocócica. No obstante, en algunos casos la enfermedad neumocócica puede ser fatal o traer consigo problemas de largo plazo tales como daños cerebrales, pérdida de la audición y de las extremidades. La enfermedad neumocócica se transmite cuando las personas infectadas tosen o estornudan. Sin embargo, muchas personas tienen la bacteria en la nariz o la garganta en un momento u otro sin estar enfermas, eso se conoce por el nombre de ser portador de la enfermedad.

La polio (Se puede prevenir con la vacuna IPV)

La polio es una enfermedad causada por un virus que vive en la garganta o los intestinos de una persona infectada. Se transmite a través del contacto con las heces (excremento) de una persona infectada y a través de las micro-gotas de un estornudo o tos. Entre los síntomas más comunes se encuentran: fiebre repentina, dolor de garganta, dolor de cabeza, debilidad y dolor muscular. En alrededor del 1% de los casos, la polio puede causar parálisis. Entre las personas que resultan paralizadas, hasta el 5% de los niños pueden morir porque no pueden respirar.

La rubéola (Sarampión alemán)

(Se puede prevenir con la vacuna MMR)

La rubéola es una enfermedad causada por un virus que se transmite a través de la tos y el estornudo. En los niños, la rubéola normalmente causa una enfermedad leve con fiebre, inflamación de las glándulas y un sarpullido que dura alrededor de 3 días. La rubéola raras veces causa una enfermedad grave o complicaciones en los niños, pero puede ser muy grave para un bebé en el vientre. Si una mujer embarazada se contagia de la enfermedad, el resultado de la misma en el bebé puede ser devastador, entre ellos: aborto espontáneo, defectos cardíacos graves, retardo mental y pérdida de la audición y de la vista.

El tétanos (Trismo) (Se puede prevenir con la vacuna Tdap)

El tétanos es una enfermedad causada por bacterias que se encuentran en la tierra. La bacteria ingresa al cuerpo a través de una herida, tal como una cortadura profunda. Cuando las personas se infectan, la bacteria produce una toxina (veneno) en el cuerpo que causa espasmos graves y rigidez dolorosa de todos los músculos del cuerpo. Esto puede conllevar al "cierre y bloqueo" de la mandíbula de modo que la persona no puede abrir la boca, ni tragar, ni respirar. La recuperación total del tétanos puede tomar meses. Tres de cada diez personas que tienen tétanos mueren a consecuencia de la enfermedad.

La varicela (Se puede prevenir con la vacuna contra la varicela)

La varicela es una enfermedad causada por el virus de la varicela-zóster. La varicela es altamente contagiosa y se transmite con mucha facilidad a partir de las personas infectadas. El virus se puede transmitir a partir de la tos o el estornudo. También se puede transmitir a partir de las ampollas en la piel, ya sea al tocarlas o al respirar estas partículas virales. Entre los síntomas más comunes de la varicela se encuentran: sarpullido con picazón y ampollas, cansancio, dolor de cabeza y fiebre. Normalmente, la varicela es una enfermedad leve, pero puede conllevar a infecciones de la piel graves, neumonía, encefalitis (inflamación del cerebro) o incluso, la muerte.

Si tiene alguna pregunta acerca de las vacunas de su niño, hable con su proveedor médico.