

# *Primary Pediatric Medical Group, Inc.*

Laura Balestreri, M.D.

Jennifer Betz, M.D.

Amy Callen, M.D.

Patricia Chiang, M.D.

Kenneth Ducker, M.D.

James B. Florey, M.D.

Neil Hogle, M.D.

Bruce Horwitz, M.D.

Ricci Larese, M.D.

Laura Saldivar, M.D.

Michael Usem, M.D.

Georganne Walker, P.N.P.

Jennifer Wineman, F.N.P.

## *Oakland Office*

3300 Webster St. #1202

Oakland, CA 94609

(510) 433-1040

(510) 433-1043 Fax

## *Castro Valley Office*

20126 Stanton Avenue, Suite 200

Castro Valley, CA 94546

(510) 881-4210

(510) 881-4213 Fax

## *Alameda Office*

1332 Park Street, Suite 200

Alameda, CA 94501

(510) 523-3123

(510) 864-1934 Fax

Dear P.P.M.G. Families,

In recent months multiple over the counter (OTC) cough and cold products for infants have been voluntarily taken off the market by manufacturers because of concerns about their safety and efficacy.

This decision was made following a petition by doctors and a report from the Centers for Disease Control (CDC), noting 1,500 "adverse events" (including overdoses and three deaths) among babies in 2004-2005. Studies are currently examining cold medication use in children 2-6 years old.

In response to these recalls, the physicians and clinicians at PPMG would like to advise you about the safest way to care for your infants and children while they are ill during the winter season. In keeping with the American Academy of Pediatricians (AAP) and the CDC, our recommendations include:

- Do not use OTC cold remedy products for children less than 2 years old, unless directed by your physician
- You may use saline drops or nose spray, clear their noses with bulb suction, and run a cool mist vaporizer or humidifier in the room at night.
- You may use acetaminophen or ibuprofen at proper doses to provide comfort and to reduce fevers
- You should provide plenty of fluids/frequent breast feeding sessions while your infant or child is ill.
- You may use OTC cold medications in children over the age of 2 at proper doses if the medication alleviates the symptom.
- Call our office for an appointment if fever lasts longer than 3 days, cold symptoms last longer than 7-10 days or symptoms are worsening.

Thank you for allowing us to care for your family,

The Clinicians and Staff of PPMG

Additional resources for parents: [www.cdc.gov](http://www.cdc.gov); [www.otc.safety.org](http://www.otc.safety.org); [www.aap.org](http://www.aap.org)