

# WHAT DOES YOUR PAIN HAVE TO DO WITH YOUR COLD OR FLU?

**100,000,000**

number of Americans living with **CHRONIC PAIN**<sup>1</sup>



**9 IN 10**

use medicines to treat their **PAIN** symptoms<sup>3</sup>



**1,000,000,000**

number of **COLDS** Americans catch each year<sup>2</sup>



**7 IN 10**

use medicines to treat **COLD** or **FLU** symptoms<sup>4</sup>



## ACETAMINOPHEN

is in **MORE THAN 600** prescription **AND** over-the-counter medicines used to treat symptoms related to **PAIN, COLD, and FLU**.<sup>5</sup>



# TAKE ONLY 1

**MEDICINE AT A TIME THAT CONTAINS ACETAMINOPHEN**

Taking more acetaminophen than directed is an overdose and can lead to liver damage.

The Acetaminophen Awareness Coalition is a diverse group of organizations representing healthcare professionals, consumers and manufacturers that are committed to ensuring that acetaminophen is used safely.

KnowYourDose.org  
Acetaminophen Awareness Coalition

<sup>1</sup>IOM (Institute of Medicine). 2011. Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research. <sup>2</sup> www.nlm.nih.gov/medlineplus/commoncold.html  
<sup>3</sup> "Benefits and Risks of Opioids in Arthritis Management." Johns Hopkins. <sup>4</sup> Symphony IRI Group Panel Report, based on data collected in 2011 <sup>5</sup> www.getreliefresponsibly.com/acetaminophen/faq.php