For more information, talk to your healthcare professional or visit

and never take two medicines that contain acetaminophen at the same time.

an overdose and can lead to liver damage. So know your dose — always read and follow the label

and effective, but there is a limit to how much you can take in one day. Taking more than directed is

cold, and allergy medicines. On prescription labels, acetaminophen is sometimes listed as “APAP,”

over-the-counter medicines, including pain relievers, fever reducers, and sleep aids as well as cough,

It’s the most common drug ingredient in America, found in more than 600 different prescription and

is in more medicines than you might think

• Never take 2 medicines with acetaminophen at the same time
• Always read & follow the label
• Know your dose
• Taking more than directed is an overdose
• It can lead to liver damage
• Used as directed, it is safe and effective
• BUT there is a daily limit

ACETAMINOPHEN
THE MOST COMMON DRUG INGREDIENT

Found in over 600 different prescription & OTC medicines
In pain & fever relievers, sleep aids, cough, cold, & allergy meds
Can be labelled as acetaminophen, as “APAP,” “acetam”
Used as directed, it is safe and effective
BUT there is a daily limit
Taking more than directed is an overdose
It can lead to liver damage
Know your dose
Always read & follow the label
Never take 2 medicines with acetaminophen at the same time

Developed by: KnowYourDose.org
Acetaminophen Awareness Coalition

1-800-222-1222
www.upstatepoison.org