



This chart can help you keep track of medication doses and timing. Keep it on the fridge or in a visible spot so everyone is on the same page!

For more details on safe use of acetaminophen and ibuprofen visit:
<https://www.aboutkidshealth.ca/how-to-give-acetaminophen-and-ibuprofen-for-fever>

**If you suspect a poisoning,
call us at 1-844-POISON-X or 1-844-764-7669**