

Ask Yourself These Questions:

- Will this home remedy affect my child's prescribed medicine ?
- Does it have ingredients that are harmful to my child's health?
- Does this home remedy have toxic levels of metals such as Lead and Mercury?
- Is my child old enough to take this home remedy? If so, how much of it would be safe to give to him or her?
- Have I shared this information with all of the adults who care for my child?

Home Remedies & Herbal Medicines

New York City
Poison Control:
(800) 222-1222

Emergency:
911

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

Talk to Your Doctor

It is important to talk to your child's health care providers about the use of home remedies. Keep in mind that your child's health care providers will not judge you. Therefore, share your personal experiences in using home remedies with them!

 **New York-Presbyterian**
Ambulatory Care Network



COLUMBIA UNIVERSITY
MEDICAL CENTER

Important Things to Know About Home Remedies

- It is important to think about the benefits and risks when making a decision to use home remedies.
- Using home remedies to help your child get better may be a choice that you would like to have. However, it is highly advised that you talk to your health care provider before you choose one.
- Keep in mind that although some home remedies may be o.k. to use for specific ages, some may hurt children.
- Some home remedies can be an important part of your child's treatment. They should be used with care as you would any other medicine.

Common Home Remedies used in Central America

Remedy Important information

Greta	Some people use this remedy to treat stomach aches. This remedy has Lead in it, which can cause problems in the brain and blood.
Azogue/ Vidajen	Some people use this remedy as a way to protect from evil eye and is also used to treat a stomach ache. This remedy has mercury in it, which can harm the brain and nervous system.
Albayalde	Some people use this remedy to treat upset stomach including vomiting. This medicine can make a person very tired and sleepy.

Common Home Remedies Used in the Caribbean

Remedy Important Information

Humphrey's # 3	Some people choose to use this remedy to treat pain that comes with teething. This remedy contains caffeine and Belladonna. It is best not to use it.
Miel de la Rosa	This remedy has honey. It should not be given to children under the age of one because it can cause an infection that can lead to paralysis.
Sancochito	Some people use this to treat the flu and congestion. This remedy has castor oil and can cause diarrhea. It should only be used in recommended amounts.
Sebo de Flandes	This remedy is often mixed with Bronquina and Camphor. Camphor is a toxic ingredient that can cause stomach or breathing problems, or skin burns. Keep it away from your child's nose and mouth.

Common Home Remedies Used in the Caribbean

Remedy Important Information

Anise	Commonly used to treat digestive problems, toothaches, and colic in babies. Star Anise is a different type of anise and it is harmful for children when swallowed.
Bronquina	Some people use this to treat asthma, colds, congestion, and fever. This remedy may be harmful and should not be swallowed. It should be kept out of the reach of children.
Cordial De Monell	Some people use this remedy to treat toothaches in babies. This remedy has bromide. It should not be given to your child at all. It may lead to death.
Honey	Some people use it to treat constipation and colds. This remedy should not be given to children under the age of 1 because it can cause an infection that can lead to paralysis.
Tussibron Compuesto	Some people use this remedy to treat congestion and cough. This remedy contains antibiotics , which should not be used if it was not ordered by your health care provider. Tell your health care provider if you are giving your child this medicine.