To help prevent teens from abusing over-the-counter (OTC) cough medicine containing the active ingredient dextromethorphan (DXM), Washington law (effective as of July 1, 2015) prohibits the sale of these medicines to minors.

HOW DO I KNOW IF A PRODUCT CONTAINS DXM?

- Check the Drug Facts label for the active ingredient DXM
- Check the packaging for the Stop Medicine Abuse icon

**Drug Facts**

<table>
<thead>
<tr>
<th>Active Ingredient</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dextromethorphan HBr 15 mg</td>
<td>Cough suppressant</td>
</tr>
</tbody>
</table>

**Use**

temporarily relieves cough due to minor throat and bronchial irritation

You can learn more about teen DXM abuse and what you can do to help prevent it at [www.StopMedicineAbuse.org](http://www.StopMedicineAbuse.org).