



Pearl River School District

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Marco F. Pochintesta, Ed.D.
Superintendent of Schools

September 29, 2020

Dear Pearl River School Community,

The US Food and Drug Administration has issued a warning regarding a disturbing report that children/teens are participating in the “Benadryl Challenge” encouraged by videos posted on the social media app, TikTok.

Children are reportedly consuming large doses of over-the-counter allergy medicine containing diphenhydramine (Benadryl). There are reports that teens are “ending up in emergency rooms or dying after participating the ‘Benadryl Challenge’” Diphenhydramine is marketed under the brand-name Benadryl, store brands, and generics. It is also available in combination with pain relievers, fever reducers, and decongestants.

Although we have not received any indication that children/teens in our area are participating in this, I write to you as a precaution so that you may be aware, and have the opportunity to talk with your child. He or she may already be aware of this “Challenge”. This is particularly disturbing as students across the country may be home alone and have access to this medication and not be aware of the dangers.

Below please find a link to the FDA warning that contains more information regarding this reported behavior and the dangers. We are sharing this information with our faculty and staff as well. Please see the link below to access the report.

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-warns-about-serious-problems-high-doses-allergy-medicine-diphenhydramine-benadryl#:~:text=The%20U.S.%20Food%20and%20Drug,%2C%20coma%2C%20or%20even%20death>

Sincerely,

