

Loratadine (Claritin)

Products labeled “D” or “plus decongestants” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children's liquid: 5 mg/5 mL = 5 mg/1 tsp
Children's chewables or RediTabs 5 mg **OR** 10 mg each
Adult tablets capsules or RediTabs 5 mg **OR** 10 mg each

Indication: Give for hives or allergy symptoms.
Not recommended for relief of cold symptoms.
Not recommended under the age of 2 years.

Timing: You may give a dose of loratadine (Claritin) once daily.

Age	Liquid	5 mg Chew/Tab	10 mg Chew/Tabs
2 – 5 years	1 tsp	1 chewable daily	
6 + years	2 tsp	2 chewables	1 chewable

Ibuprofen (Motrin, Advil)

Products labeled “cold,” or “cold and sinus,” “multisymptom,” or “PM” are not recommended for children under the age of 6, as they contain additional medications. Products may come in different doses. Read packages carefully to determine the specific concentration of liquids and/or the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Concentrated infants' drops: 50 mg/1.25 mL
Children's liquid: 100 mg/5 mL = 100 mg/1 tsp
Junior strength chewables: 100 mg each
Junior strength caplets: 100 mg each
Adult tablets capsules or caplets: 200 mg each

Indication: Give for fever or pain.
Not recommended for relief of cold symptoms.
Not recommended under the age of 6 months.

Timing: You may give a dose of Ibuprofen (Motrin, Advil) every 6-8 hours
Maximum number of doses in a 24 hours period: 4

Weight	Drops	Liquid	Chewable/Caplet	Adult Tablets
12-17 lb	1.25 mL	½ tsp = 2.5 mL		
18-23 lb	1.875 mL	¾ tsp = 3.75 mL		
24-35 lb	2.5 mL (1.25 x 2)	1 tsp = 5 mL	1 chew/cap	
36-47 lb	3.75 mL (1.875 x 2)	1 ½ tsp = 7.5 mL	1 ½ chews/caps	
48-59 lb		2 tsp = 10 mL	2 chews/caps	1 adult tablet
60-71 lb		2 ½ tsp = 12.5 mL	2 ½ chews/caps	
72-95 lb		3 tsp = 15 mL	3 chews/caps	
➤ 95 lb		4 tsp = 20 mL	4 chews/caps	2 adult tablets

Diphenhydramine (Benadryl)

Products labeled “allergy plus cold,” or “allergy plus sinus” are not recommended for children under the age of 6, as they contain additional medications. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children's liquid:	12.5 mg/5 mL = 12.5 mg/1 tsp
Children's chewables or Fastmelt tablets	12.5 mg each
Adult tablets or capsules or Quick Dissolve Strips	25 mg each

Indication: Give for hives, allergic reaction, itching or seasonal allergy symptoms.
Not recommended as a sleep aid or for relief of cold symptoms.
Not recommended under the age of 1 without the supervision of a doctor.

Timing: You may give a dose of Diphenhydramine (Benadryl) every 6 hours as needed.

Weight	Liquid	Chewables	Tablets/Capsules/Strips
17-21 lbs	¾ tsp = 3.75 mL		
22-32 lbs	1 tsp = 5 mL	1 chew	
33-42 lbs	1 ½ tsp = 7.5 mL	1 ½ chews	
43-53 lbs	2 tsp = 10 mL	2 chews	1 tablet
64-64 lbs	2 ½ tsp = 12.5 mL	2 ½ chews	
65-75 lbs	3 tsp = 15 mL	3 chews	
76-86 lbs	3 ½ tsp = 17.5 mL	3 ½ chews	
➤ 86 lbs	4 tsp = 20 mL	4 chews	2 tablets

Cetirizine (Zyrtec)

Products labeled “D,” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children's liquid:	5 mg/5 mL = 5 mg/1 tsp
Children's chewables:	5 mg or 10 mg each
Adult tablets or liquid gels:	5 mg or 10 mg each

Indication: Give for hives, itching or seasonal allergy symptoms.
Not recommended as a sleep aid or for relief of cold symptoms.
Not recommended under the age of 6 months.

Timing: You may give a dose of Cetirizine (Zyrtec) either once or twice daily as indicated below.

Age	Liquid	5 mg Chew/Tabs	10 mg Chew/Tabs
6-11 months	½ tsp = 2.5 mL daily		
12-23 months	½ tsp – 2.5 mL twice daily		
2-5 years	1 tsp daily	1 daily	
6-11 years	1 tsp daily may increase to 2 tsp daily if needed	1 tsp daily may increase to 2 tsp daily if needed	1 daily
12 + years	2 tsp daily	2 daily	1 daily

Acetaminophen (Tylenol)

Products labeled “cold,” or “cold and sinus,” “multisymptom,” or “PM” are not recommended for children under the age of 6, as they contain additional medications. Products may come in different doses. Read packages carefully to determine the specific concentration of liquids and/or the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Infant’s Tylenol suspension liquid:	160mg/5 mL
Children's liquid:	160 mg/5 mL = 160 mg/1 tsp
Children's Meltaways/chewables (age 2-5):	80 mg each
Junior Meltaways/chewables (age 6-11):	160 mg each
Adult regular strength tablets/caplets/capsules:	325 mg each
Adult extra strength tablets/caplets/capsules:	500 mg each

Indication: Give for fever or pain.
Not recommended for relief of cold symptoms.
Not recommended under the age of 3 months without a doctor’s supervision.

Timing: You may give a dose of Acetaminophen (Tylenol) every 4-6 hours
 Maximum number of doses in a 24 hours period: 5

Weight	Infant’s Liquid	Children’s Liquid	80 mg chews	160 mg chew	325 mg tabs
6-11 lbs	¼ tsp = 1.25 mL				
12-17 lbs	½ tsp = 2.5 mL	½ tsp = 2.5 mL			
18-23 lbs	¾ tsp = 3.75 mL	¾ tsp = 3.75 mL			
24-35 lbs	1 tsp = 5 mL	1 tsp = 5 mL	2 chews	1 chew	
36-47 lbs		1 ½ tsp = 7.5 mL	3 chews	1 ½ chews	
48-59 lbs		2 tsp = 10 mL	4 chews	2 chews	1 tablet
60-71 lbs		2 ½ tsp = 12.5 mL	5 chews	2 ½ chews	
72-95 lbs		3 tsp = 15 mL	6 chews	3 chews	
➤ 95 lb		4 tsp = 20 mL	8 chews	4 chews	2 tablets