

### 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   |