

**List of treatments and over-the-counter medications that are available for the conditions listed.**

<u>CONDITION</u>	<u>TREATMENT</u>	<u>OTC MEDICATIONS</u>
Bites/Stings	Remove stinger, apply ice _____	Calamine/Calaryl lotion _____
Allergic to Stings	Call to Parent or M.D. order _____	Benadryl 25-50 mg x once only _____
Burns	Cold water or ice compress for 5 minutes. Do not apply ice directly to burn _____	Ice or cold compress for 5 minutes or Solar Cain spray _____
Cough disruptive to class	Ice chips _____	Cough drop, See physician if cough persists _____
Irritated eyes	_____	Eye drops (Clear Eyes) _____
Fainting	Lie down with feet elevated _____	
Fever	For temp. over 101 when parent is unavailable, apply cold compress to forehead, neck and under arms. Clear fluids _____	Acetaminophen (Generic Tylenol) or Advil. Follow dosage on label. _____
Headache	Bed rest for 15-30 min with cold cold compress to forehead _____	Acetaminophen (Generic Tylenol) or Advil Follow dosage on label. _____
Menstrual Cramps	Bed rest for 15-30 min. _____	Acetaminophen (Generic Tylenol) of Advil. Follow Dosage on label. _____
Muscle Strain/Pain	Ice compress for 10 min. _____	Same as above or Mineral Ice _____
Old Injury/cut	Wash with antibacterial soap and water. _____	First Aid antiseptic spray/ ointment/ new skin _____
Sore Throat	Without increase of temp 100+ give salt water gargle 1 tsp to 8 oz warm water _____	Throat Lozenges or Chloraseptic Spray _____
Toothache	Rinse mouth with warm water _____	Oil of cloves/ Ambesol/ Dental Referral _____
Cold Sore	Same as above _____	Campho-phenique _____
Upset stomach	Bed rest for 15-30 min. _____	Antacid (Tums) Recommended dosage. _____

Over-the-counter medications may be administered up to one hour before dismissal to ensure that no allergic reaction takes place.