
**Mesa County Health Department / MCVSD #51 Protocols
For Non-Prescription Medications
For Students of Mesa County Valley School District #51**

****The list of approved Non-Prescription medication does not include any aspirin or caffeine based products****

ANY ESSENTIAL OILS OR HOMEOPATHIC MEDICATIONS MUST HAVE A PHYSICIAN SIGNATURE

Headaches / Muscle Aches: Over-the-counter pain relievers, (with the exception of aspirin and aspirin based products) dose as appropriate to age and weight – supplied by parent.

Menstrual Cramps: Over-the-counter pain reliever such as Pamprin or Midol (aspirin & caffeine free), as appropriate to age and weight – supplied by the parent.

Cough: Cough syrup or drops, dose as appropriate to age and weight – supplied by parent.

Uncomplicated Upper Respiratory Infection: Antihistamines /Decongestants, dose as appropriate to age and weight – supplied by parent.

Uncomplicated Allergies / Mild Allergic Reaction: Antihistamines / Decongestants such as Zyrtec/Claritin tabs or liquid, dose as appropriate to age and weight – supplied by parent. (**NO Benadryl/Diphenhydramine** without a physician signature) No antihistamines given to children under 6 years old without a physician signature.

Uncomplicated Eye Irritation: Eye wash, Visine, allergy eye drops – supplied by parent.

Stomach Aches: Antacid liquid or tablet, dose as appropriate to age and weight – supplied by parent. (**NO** Pepto-Bismol is accepted)

Lactose Intolerance: Lactase enzyme supplements such as Lactaid, dose as appropriate to age and weight – supplied by parent.

Cold Sores or Canker Sores: Over-the-counter cold sore or canker sore medication – supplied by parent.

Athlete's Foot: Desenex ointment on applicator – supplied by parent.

Toothache: Anbesol or Orajel – supplied by parent.

Uncomplicated Pruritus (itching): Caladryl/Calamine Lotion or CalaGel, as needed.

Dry, Cracked Skin / Chapped Lips: Petroleum jelly or Blistex, as needed. Lotion or cream for skin – as need.

Diaper Rash: Cream or ointment applied to affected area – supplied by parent

Insect Repellant: It should contain no more than 30% DEET for children. Use as instructed and supplied by parent.

Sunscreen: As instructed and supplied by parent. School board policy discourages the use of aerosol containers.

Kevin R. Fitzgerald M.D.

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Health Officer for Mesa County Health Department

5/31/22
Date