

Amherst Regional Public Schools

School Health Services

Over the Counter Standing Orders

Medication: Acetaminophen or Ibuprofen (oral administration) to be given as needed every 4-6 hours.

Indications: Headaches, earaches, dental pain, menstrual cramps, fever, new sprains/fractures, or obvious signs of swelling or bruising.

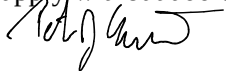
Max Acetaminophen Dosage:

Weight (lbs)	Children's Liquid 160 mg/5 mL	Children's chewable 160 mg	Adult tablets 325 mg
24-35 lbs	5 mL	1 tablet	
36-47 lbs	7.5 mL	1 ½ tablets	
48-59 lbs	10 mL	2 tablets	1 tablet
60-71 lbs	12.5 mL	2 ½ tablets	1 tablet
72-95 lbs	15 mL	3 tablets	1 ½ tablets
96+ lbs	20 mL	4 tablets	2 tablets

Max Ibuprofen Dosage:

Weight (lbs)	Children's Liquid 100 mg/5 mL	Children's chewable 100 mg	Adult tablets 200 mg
24-35 lbs	5 mL	1 tablet	
36-47 lbs	7.5 mL	1 ½ tablets	
48-59 lbs	10 mL	2 tablets	1 tablet
60-71 lbs	12.5 mL	2 ½ tablets	1 tablet
72-95 lbs	15 mL	3 tablets	1 ½ tablets
96+ lbs	20 mL	4 tablets	2 tablets

Parents/guardians who do not wish their child to receive treatment or medication must inform the school nurse in writing. A limit of 10 doses/applications of any over the counter medication listed above will apply without additional physician's orders.



5/21/2025

School Physician, Amherst Pelham Regional Schools

Date

Over the Counter Standing Orders

Amherst Regional Public Schools

School Health Services

Medication: Calcium Carbonate (oral administration)

Indications: Stomach ache, heartburn or nausea

Calcium Carbonate Dosage: Children under age 5 - 1 tablet (400 mg)
Children age 6- 11 years - 2 tablets (800 mg)
Over age 12 - per package label

Medication: Calamine Lotion (topically)

Indications: Minor insect bites or skin rash

Calamine Lotion Dosage: Apply small amount of lotion to affected area

Medication: Vaseline (topically)

Indication: chapped lips, cracked skin, minor skin protectant

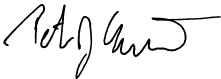
Vaseline Dosage: Apply a small amount to the affected area.

Medication: Lubriderm (topically)

Indications: Dry skin

Lubriderm Dosage: Apply small amount to the affected area.

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School Physician, Amherst Pelham Regional Schools

5/21/2025

Date