

**TIMBERLANE REGIONAL SCHOOL DISTRICT
PHYSICIAN'S GUIDELINES FOR SCHOOL NURSES
2026-2027 School Year**

1. For local reaction to stinging insect involving redness and pain, apply ice and observe student. Benadryl Elixir or Chewable Tabs (under 90 lbs.-12.5 mg - 25 mg po; over 90 lbs-25 mg - 50 mg po) may be given for a progression of local symptoms. Benadryl may also be given for seasonal allergies.
2. For acute severe allergic anaphylactic types of reactions give:
 - a. Benadryl (liquid)
Under 90 lbs. – 12.5 mg - 25 mg po
Over 90 lbs. – 25 mg - 50 mg po
 - b. Epinephrine Jr. under 66 lbs. – 0.15 mg I.M. or nasal spray 1.0 mg/0.1 ml inhaled
 - c. Epinephrine over 66 lbs. – 0.3 mg I.M. or nasal spray 2.0 mg/0.1 ml inhaled
 - d. Notify parents and transport to the nearest hospital immediately via rescue.
3. May administer oxygen as needed.
4. In the event of any suspected poisoning, call NH Poison Center 1-800-222-1222. Notify parents and transport to the nearest hospital via rescue if necessary.
5. Normal saline can be used for the cleansing of severe burns. Apply a saline soak as appropriate. Refer parent to physician as necessary.
6. Burn gel or equivalent may be used for minor burns if applicable.
7. Hydrocortisone acetate 1% cream, Calamine Lotion, topical Benadryl, or Aveeno Lotion may be used for rashes.
8. Eye wash may be used for eye irrigation.
9. Normal saline eye drops may be used for minor eye irritation.
10. Oragel may be used for temporary relief of oral discomfort.
11. A mild soap may be used for skin cleansing, if the child is not allergic, in the event of an abrasion, laceration, or puncture wound.
12. Topical antibiotic cream may be applied to abrasions after cleaning, provided the child has no allergy.
13. Anti-itch wipes, cream or ointment may be used, as appropriate, for insect bites.
14. Cough drops, Cepacol lozenges, may be given for relief of sore throat or cough.
15. Antacid (such as Mylanta or Tums Chewable) may be given for minor stomach ache as appropriate.
16. Over the counter products may be used as appropriate for cold sores/canker sores.
17. Four low dose (81 mg) chewable Aspirin may be used for adult cardiac emergencies provided the staff member has no allergy.

Administering Acetaminophen/Ibuprofen to Students

Objective: The Registered Nurse will be able to administer acetaminophen/ibuprofen utilizing nursing judgment and as per the following Physician Guidelines.

- Acetaminophen and Ibuprofen may be provided by the school but shall only be given by the school nurse after written permission is obtained.
- Each parent/guardian shall have the opportunity to give such permission at the time of enrollment each year.
- Indicators to administer Acetaminophen/Ibuprofen are fever over 101, headaches, orthopedic injuries, dental discomfort, earaches, or dysmenorrhea.
- Parent/Guardian should be called if appropriate.
- Dosage determined according to age/weight recommendations on product label.

Dr. Christopher Peterson

Signature

7-25-2026

Date

603-490-4497

Printed Physician Name

Phone #

25 Buttrick Rd, Bld E, Londonderry, NH 03053

Address

City

State

Zip

CERTIFICATE *of* SIGNATURE

REF. NUMBER
PF3EN-EYBBZ-KMCTP-ZKRJS

DOCUMENT COMPLETED BY ALL PARTIES ON
25 JUL 2026 09:02:21
UTC

SIGNER

DR. CHRISTOPHER PETERSON

EMAIL
CPETERSON2@ELLIOT-HS.ORG

TIMESTAMP

SENT
24 JUL 2026 18:02:08
VIEWED
24 JUL 2026 18:02:38
SIGNED
25 JUL 2026 09:02:21

SIGNATURE

Dr. Christopher Peterson

IP ADDRESS
174.226.82.112

LOCATION
BOSTON, UNITED STATES

RECIPIENT VERIFICATION

EMAIL VERIFIED
24 JUL 2026 18:02:38

