

OVER THE COUNTER MEDICATIONS AND DOSAGES

(ALWAYS READ THE LABELS TO CHECK ON ACTIVE INGREDIENT)

ACETAMINOPHEN (Tylenol or generic) TO BE GIVEN EVERY 4 HRS FOR FEVER AND/OR PAIN

(also available in rectal suppository form in 80 and 120 and 320 mg doses)

(kg)	WT (lb)	Dose	Concentration of 160mg/5ml
4kg	8 lbs	60mg	2 ml
6kg	13 lbs	80mg	3 ml
8kg	18 lbs	120mg	4 ml
10kg	22 lbs	160mg	5 ml
12kg	26 lbs	200 mg	6 ml
16kg	35 lbs	240mg	8 ml
20kg	44 lbs	320mg	10ml

IBUPROFEN (Motrin, Advil or generic) TO BE GIVEN EVERY 6 HRS FOR FEVER AND/OR PAIN

(Avoid in infants under 6 months of age)

PREFERRED FORMULATION:

(kg)	WT (lb)	Dose	(50mg/1.25ml) infant	(100mg/5ml) children
4kg	8 lbs	40mg	0.8ml	2 ml
6kg	13 lbs	60mg	1.5 ml	3ml
8kg	18 lbs	80mg	2 ml	4 ml
10kg	22 lbs	100mg	2.5 ml	5 ml
12kg	26lbs	120mg	3 ml	6 ml
16kg	35 lbs	150mg	3.5 ml	8 ml
20kg	44 lbs	200mg	5 ml	10ml

DIPHENHYDRAMINE (Benadryl or generic) TO BE GIVEN EVERY 6 HRS

FOR ITCHING, ALLERGIES, OR HIVES

(kg)	WT (lb)	Dose	Liquid (12.5mg/5ml)
6kg	13 lbs	6mg	2.5ml
8kg	18 lbs	8mg	3ml
10kg	22 lbs	10mg	4ml
12kg	26 lbs	12mg	5ml
16kg	35 lbs	15mg	6ml
20 kg	44 lbs	20mg	8ml

VITAMIN D DROPS 400 IU per day for breastfed babies until 1 yr old

COLD AND COUGH MEDICINE (Avoid in children under 6 years of age)

Dosages as directed on package

CAUTION: if multi-symptom formulation—may contain above medicine also do not overdose.

SALINE NASAL DROPS/SPRAY (Ocean, Ayr, Little Noses, NeilMed—NON-MEDICATED)
FOR NASAL CONGESTION 2-3 drops to each nostril as needed and suction bulb or “nose frida” or
“ariana baby vac”

HYDROCORTISONE 1% OINTMENT
FOR ECZEMA OR ITCHY SKIN as directed by your physician

DEBROX (or other brand ear wax removal drops)
3 drops to affected ear only as recommended by your physician

CALIFORNIA POISON CONTROL NUMBER: 1-800-876-4766

[healthychildren.org](https://www.healthychildren.org) for pediatric info from trusted American Academy of Pediatrics
Book recommendation: **Caring for Your Infant and Young Child Birth to 5yo.**