

**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.

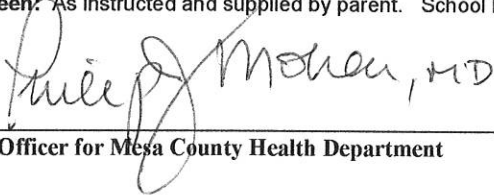
**Uncomplicated Pruritus (itching):** Caladryl/Calamine Lotion or CalaGel, as needed.

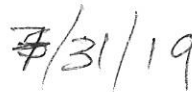
**Dry, Cracked Skin / Chapped Lips:** Petroleum jelly or Blistex, as needed. Lotion or cream for skin – supplied by parent.

**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.

  
\_\_\_\_\_  
Health Officer for Mesa County Health Department

  
\_\_\_\_\_  
Date