



5501 Delmar Blvd, Ste. B560
Saint Louis, MO 63112
(314) 833-4030
FAX (314) 833-4031
www.ifm-stl.org

St. Louis Public School District

PARENT PERMISSION FOR THE ADMINISTRATION OF OVER-THE-COUNTER MEDICATION

Listed below are nonprescription medications that the nurses can give to students only with parent permission. We hope that using these medications, as needed, will reduce both absenteeism and student discomfort while in school. If a student needs routine medications, other arrangements should be made. Medications will be given in age/weight appropriate doses. You will be informed if nonprescription medications are given to your child.

Abreva or Carmex topical for cold sores or lesions on face or lips
Acetaminophen (Tylenol) for headache and fever
Albuterol (see Albuterol order) for emergency use in asthmatic reaction
Allergy Eye Drops for itching eyes
Benadryl (Diphenhydramine HCL) for allergy symptoms
Benzalkonium Chloride or **Bactine** for wound antiseptic
Benzocaine Sting Wipes for insect bites and stings
Blistex (or generic) – for relief of chapped lips
Calamine or Caladryl Lotion (or generic) for itchy rash (not to be applied around the eyes)
Cepacol or other sore throat spray
Chloriseptic throat spray or Listerine mouthwash for relief of sore throat
Clotrimazole as an antifungal for skin itch and rash
Contact Lens Solution (Saline) for cleansing prescription and non-prescription contact lenses
Cough Syrup (non-alcohol based, such as Robitussin) for dry coughs
Epi pen (See epi pen order) for emergency use in allergic shock
Ibuprofen (Advil, Motrin) for muscle aches and pains, cramps, sinus pain
Loratadine (Claritin) for allergies and sinus
Maalox (or comparable nonprescription antacid) in liquid or tablet form for stomach upset
Natural tears (or any saline eye drops) for eye dryness and/or itching
Ocean Nose Spray (or generic saline nasal spray) for stuffy nose or nasal dryness
Oragel (or generic equivalent) for temporary relief of mild toothache
Throat lozenges for cough or sore throat (OK for middle and high school - note that special precautions need to be taken for elementary school to avoid choking risk)
Tolnafatate or Clotrimazole as an antifungal for skin itch and rash
Topical antibiotic or vitamin (A&D) ointment for minor cuts and scrapes
Topical Hydrocortisone Cream for minor skin irritation, minor burns, and rashes (not to be used on the face)
TUMS in tablet form for indigestion
Wound glue – Wound glue may be used for small or minor (less than 5 cm) wounds with straight edges that are easily pulled together.



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Please fill out this form, giving your permission for your child to get these medications if needed. It will become a part of his or her health file. **If you do not want a certain medication given to your child, cross out the name of the medication on the list above. No nonprescription medications will be given to students whose parents do not complete and return this form.**

PLEASE PRINT:

Child's Name _____ DOB: _____

Allergies _____

Age _____ Grade _____ School _____

Phone: _____ Emergency Phone: _____

Printed name of parent of guardian signing this form: _____

As the parent or legal guardian of the above named child, I give permission for the school nurses/nurse practitioner/physician associated with the School district to give the above named non prescription medications to my child for the conditions indicated (**except for any that I have crossed out**). This will be effective for the 2025-2026 school year.

Parent/Guardian Signature _____ **Date** _____



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Nursing Orders for Administration of Over-the-Counter

The nurses of the St. Louis Public Schools School District can administer the following over-the-counter items to student when the child's parent and consented, and when the indications listed below for each medication at deemed to be present.

Abreva or Carmex for cold sores or lesions on face or lips. Apply at first sign of symptom. Do not apply in or near eyes or inside mouth. Use up to 3x/daily. Apply with Q tip.

Acetaminophen (Tylenol) for headache and fever:

The liquid Tylenol is 160-mg/ teaspoonful. Dose is 10-15 mg/kg or by age one could give:

- 1 teaspoonful for ages 3 years
- 1 ½ teaspoonful for ages 4-5 years
- 2 teaspoonful for ages 6-8 years
- 2 ½ teaspoonful for ages 9-12

Regular Tylenol tablets at 325 mg each. Dose for children over 12 is one or two tablets per dose. Do not repeat for at least 4 hours. Do not give more than two doses in any one school day.

Allergy Eye Drops for itching eyes (not related to possible foreign body):

1-2 drops to affected eye per dose – no more than one dose per school day.

Benadryl (Diphenhydramine HCL) for allergy symptoms

Liquid comes as 12.5 mg/teaspoonful; or 25 mg tablets

For children under 6 years old, give 6.25 mg (1/2 teaspoonful). May repeat dose in 4-6 hours. Do not give more than two doses per school day.

For children ages 6-12 years, give 12.5 mg (1 teaspoonful), May repeat dose in 4-6 hours. Do not give more than two doses per school day.

For children over the age of 12, may give 1 or 2 tablets. May repeat dose in 4-6 hours. Do not give more than two doses per school day.

Be aware that Benadryl may make a child sleepy.

Benzocaine Sting Wipes for insect bites or stings

Use as directed on label.

Benzalkonium Chloride or **Bactine** for wound antiseptic

Use as directed on label

Blistex (or generic) – for relief of chapped lips. Put on Q-tip before applying to lips. Not for use for cold sores. No more than 3-4 times/day.



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Calamine or Caladryl lotion for itchy rash (not to be used in eyes)
Apply topically to affected area as needed.

Cepacol or other spray for sore throat. Apply as directed on label.

Chlorisepic throat spray for relief of sore throat. For children aged 3-11, 3 sprays per dose, no more than 2 doses in a school day. For children aged 12+, 5 sprays per dose. No more than 2 doses in a school day. For all ages, hold spray in mouth for 15 seconds, then spit spray out.

Clotrimazole antifungal; 1% cream; Apply twice daily topically as needed in affected area.

Contact Lens Solution (sterile, isotonic/Saline solution), use as directed on package instructions.

Cough Syrup (non-alcohol based such as Robitussin) for dry, non-productive cough:
Use as directed on label

Ibuprofen (Advil, Motrin) for muscle aches and pains, cramps, or sinus pain:
The liquid Ibuprofen is 100 mg/teaspoonful. Dose is 4-10 mg/kg or by age one could give: 1 teaspoonful for ages 3 years
1 ½ teaspoonful for ages 4 - 5 years
2 teaspoonful for ages 6 - 8 years
2 ½ teaspoonful for ages 9-12
Ibuprofen tablets are 200 mg each. Dose for children over 12 is one or two tablets per dose. Do not repeat for at least 4-6 hours. Do not give more than two doses in any one school day.

Loratadine (Claritin) once daily, as needed for allergies and sinus. 5 mg for children aged 2-6; 10 mg for children 6 and above. Do not take more than one dose/day.

Maalox (or comparable nonprescription antacid) for stomach upset:
1-2 teaspoons per dose, OR 1-2 regular strength chewable tablets. May repeat in 3-4 hours.

Natural tears (or other eye saline solution) for eye dryness and/or pruritus:
2-3 drops to affected eye as needed.

Ocean Nasal Spray(or generic saline nasal spray) for congestion or nasal dryness:
1-2 sprays per nostril as needed

Oragel (or generic equivalent) for temporary relief of mild toothache. Use as directed on label.



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Throat lozenges Use as directed for sore throat or cough among middle and high school students. May be used in elementary so long as child is observed to avoid choking, or lollipop version used.

Tolnafatate or Clotrimazole antifungal; 1% cream; Apply twice daily topically as needed in affected area.

Topical Antibiotic or Vitamin (A&D) Ointment for minor cuts and abrasions:
Use as directed after cleaning wound with soap and water and removing any foreign bodies.

Topical Non-Prescription Hydrocortisone Cream, 1 % for skin irritation and localized itching rashes, to be used sparingly on affected areas once or twice daily; avoid using on the face, not to be used for more than one week.

Tums Use as directed for stomach upset in age 4-11 (one tablet) and 12 and up (2 tablets)

Wound glue – Wound glue may be used for small or minor (less than 5 cm) wounds with straight edges that are easily pulled together. Nurse should clean (free of debris or foreign bodies), pat the wound dry and assure the bleeding is under control before applying the glue. Instruct the patient to keep the wound dry for 5 days.

Please feel free to contact me with any questions or concerns you may have.

Sincerely,

A handwritten signature in grey ink that reads 'Denise L. Buck MD'.

Denise L. Buck, M.D, FAAFP
Medical Director