



920 Viewmont Drive Dickson City, PA 18519

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General Information: 570-346-1464

Insurance/Billing: 570-346-3218

POISON CONTROL 1-800-222-1222

Acetaminophen (Tylenol, Pediacare, generic) every 4 hours

Children's or Infants Liquid: 2.5 ml (80mg) = 10 lbs. 5 ml (160mg) for every 20 lbs.
Max dose 20 ml (640mg) for 80 lbs and up

Ibuprofen (Motrin, Advil, generic) (6mths. & older) every 6 hours

Infant Drops: 1.25 ml (50mg) for every 10lbs. 2.5 ml (100mg) = 20 lbs.

Children's Liquid: 5 ml (100mg) for every 20 lbs. 10 ml (200mg) = 40 lbs.

PLEASE DO NOT ALTERNATE TYLENOL & MOTRIN FOR A FEVER!

NO ALCOHOL BATHS OR RUBS. NO ICE BATHS FOR FEVERS!

COUGH/NASAL CONGESTION

Vaporizer or Humidifier: Cool mist is best for summer. Warm mist is best for winter.
Saline nose drops or nasal spray, 2 sprays each nostril four times each day.

NO OVER THE COUNTER COUGH OR COLD MEDICATIONS SHOULD BE USED FOR CHILDREN < 4 YEARS OF AGE.

Honey 1-2 tsp. 1 hour before bed is helpful for cough in children 12 month of age or older.

Homeopathic remedies should be avoided (for all illness, not just colds). These "medications" are not Subjected to any testing for safety or effectiveness, and are not subject to any regulatory oversight to ensure quality and/or safety.

SPECIAL INSTRUCTIONS

PLEASE CALL IF YOUR CHILD'S CONDITION WORSENS, IF HE/SHE BECOMES LETHARGIC OR UNAROUSABLE, OR IF YOU HAVE FURTHER QUESTIONS.



ALLERGIES/HIVES:

Oral antihistamines:

Diphenhydramine (Benadryl or generic) – every 4-6 hours:

5ml (12.5 mg) for every 20 lbs 10ml (25mg.) = 40 lbs.

Fexofenadine (Allegra or generic)

6 mos.-2 yrs.
2yrs.--12 yrs.
12 yrs & older

2.5 ml (15mg) 2 xs / day
5 ml or 1 chew tab (30 mg) 2 x / day
10 ml or 2 chew tabs (60 mg) 2 x / day or 180 mg adult tablet once daily

Loratadine (Claritin, Alavert or generic)

6mos-2yrs.
2-5 yrs.
6 yrs & older

2.5 mg (2.5mg) daily
5 ml (5 mg) daily
10 mg (either 10 ml or 2 chew tabs or 1 adult tablet) daily

Cetirizine (Zyrtec, Pediacare Allergy or generic)

2-5 yrs.
6 yrs & older

5 mg (5 ml) daily
10 mg (10 ml or chew tabs or adult tablet) daily

Nasal Sprays:

Fluticasone nasal spray (Flonase)

4 yrs. & older: 1-2 sprays each nostril daily

Triamcinalone nasal spray (Nasacort)

2-5 yrs.: 1 spray each nostril daily

6 yrs & older: 1-2 sprays each nostril daily

Eye Drops:

Ketotifen ophthalmic (Visine All Day Eye Itch Relief, TheraTears Eye Itch Relief, Alaway, Zatidor, Zyrtec Itchy Eye Drops, generic)

3 yrs. & older: 1 drop each eye twice per day

Pheniramine/naphazoline ophthalmic (Naphcon A, Opcon-A, Visine-A, generic)

6 yrs. & older: 1-2 drops in each eye up to 4 times per day