

Diphenhydramine (Benadryl)

Products labeled “allergy plus cold” or “allergy plus sinus” are not recommended for children under the age of 6, as they contain additional medications. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s liquid: 12.5 mg/5 mL = 12.5 mg/1 tsp
Children’s chewables or FastMelt tablets: 12.5 mg each
Adult tablets or capsules or Quick Dissolve Strips: 25 mg each

Indication: Give for hives, allergic reaction, itching, or seasonal allergy symptoms.
Not recommended as a sleep aid or for relief of cold symptoms.
Not recommended under the age of 1 without the supervision of a doctor.

Timing: You may give a dose of diphenhydramine (Benadryl) every 6 hours as needed.

Weight	Liquid	Chewable	Tablets/capsules/strips
17-21 lbs	¾ tsp = 3.75 mL		
22-32 lbs	1 tsp = 5 mL	1 chew	
33-42 lbs	1 ½ tsp = 7.5 mL	1 ½ chews	
43-53 lbs	2 tsp = 10 mL	2 chews	1 tablet
54-64 lbs	2 ½ tsp = 12.5 mL	2 ½ chews	
65-75 lbs	3 tsp = 15 mL	3 chews	
76-86 lbs	3 ½ tsp = 17.5 mL	3 ½ chews	
>86 lbs	4 tsp = 20 mL	4 chews	2 tablets

Cetirizine (Zyrtec)

Products labeled “D” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s liquid: 5 mg/5mL = 5 mg/1 tsp
Children’s chewables: 5 mg **OR** 10 mg each
Adult tablets or liquid gels: 5 mg **OR** 10 mg each

Indication: Give for hives, itching, or seasonal allergy symptoms.
Not recommended as a sleep aid or for relief of cold symptoms.
Not recommended under the age of 6 months.

Timing: You may give a dose of cetirizine (Zyrtec) either once or twice daily, as indicated below.

Age	Liquid	5 mg Chew/Tabs	10 mg Chew/Tabs
6 – 11 months	½ tsp = 2.5 mL daily		
12 – 23 months	½ tsp = 2.5 mL twice daily		
2 – 5 years	1 tsp daily	1 daily	
6 – 11 years	1 tsp daily, may increase to 2 tsp daily if needed	1 daily, may increase to 2 daily if needed	1 daily
12 + years	2 tsp daily	2 daily	1 daily

Loratadine (Claritin)

Products labeled “D” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses.

Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s liquid: 5 mg/5 mL = 5 mg/1 tsp
 Children’s chewables or RediTabs: 5 mg **OR** 10 mg each
 Adult tablets, capsules, or RediTabs: 5 mg **OR** 10 mg each

Indication: Give for hives or allergy symptoms.
Not recommended for relief of cold symptoms.
Not recommended under the age of 2 years.

Timing: You may give a dose of loratadine (Claritin) once daily.

Age	Liquid	5 mg Chew/Tabs	10 mg Chew/Tabs
2 – 5 years	1 tsp	1 chewable daily	
6 + years	2 tsp	2 chewables	1 chewable

Ibuprofen (Motrin, Advil)

Products labeled “cold,” “cold and sinus,” “multisymptom,” or “PM” are not recommended for children under the age of 6, as they contain additional medications. Products may come in different doses. Read packages carefully to determine the specific concentration of liquids and/or the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Concentrated infants’ drops: 50 mg/1.25 mL
 Children’s liquid: 100 mg/5 mL = 100 mg/1 tsp
 Junior strength chewables: 100 mg each
 Junior strength caplets: 100 mg each
 Adult tablets or caplets: 200 mg each

Indication: Give for fever or pain.
Not recommended for relief of cold symptoms.
Not recommended for children under the age of 6 months.

Timing: You may give a dose of ibuprofen (Motrin, Advil) every 6-8 hours.
 Maximum number of doses in a 24 hour period: 4

Weight	Drops	Liquid	Chewable/caplet	Adult Tablets
12-17 lbs	1.25 mL	½ tsp = 2.5 mL		
18-23 lbs	1.875 mL	¾ tsp = 3.75 mL		
24-35 lbs	2.5 mL (1.25 x 2)	1 tsp = 5 mL	1 chew/cap	
36-47 lbs	3.75 mL (1.875 x 2)	1 ½ tsp = 7.5 mL	1 ½ chews/caps	
48-59 lbs		2 tsp = 10 mL	2 chews/caps	1 adult tablet
60-71 lbs		2 ½ tsp = 12.5 mL	2 ½ chews/caps	
72-95 lbs		3 tsp = 15 mL	3 chews/caps	
>95 lbs		4 tsp = 20 mL	4 chews/caps	2 adult tablets

Acetaminophen (Tylenol)

Products labeled “cold,” “cold and sinus,” “multisymptom,” or “PM” are not recommended for children under the age of 6, as they contain additional medications. Products may come in different doses. Read packages carefully to determine the specific concentration of liquids and/or the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Concentrated infants’ drops:	80 mg/0.8 mL
Children’s liquid:	160 mg/5 mL = 160 mg/1 tsp
Children’s Meltaway/chewables (age 2-5):	80 mg each
Junior Meltaway/chewables (age 6-11):	160 mg each
Adult regular strength tablets/caplets/capsules:	325 mg each
Adult extra strength tablets/caplets/capsules:	500 mg each

Indication: Give for fever or pain.
Not recommended for relief of cold symptoms.
Not recommended under the age of 3 months without a doctor’s supervision.

Timing: You may give a dose of acetaminophen (Tylenol) every 4-6 hours.
 Maximum number of doses in a 24 hour period: 5

Weight	Drops	Liquid	80 mg chews	160 mg chews	325 mg tabs
6-11 lbs	0.4 mL				
12-17 lbs	0.8 mL	½ tsp = 2.5 mL			
18-23 lbs	1.2 mL (0.8 + 0.4)	¾ tsp = 3.75 mL			
24-35 lbs	1.6 mL (0.8 + 0.8)	1 tsp = 5 mL	2 chews	1 chew	
36-47 lbs	2.4 mL (0.8 x 3)	1½ tsp = 7.5 mL	3 chews	1 ½ chews	
48-59 lbs		2 tsp = 10 mL	4 chews	2 chews	1 tablet
60-71 lbs		2½ tsp = 12.5 mL	5 chews	2 ½ chews	
72-95 lbs		3 tsp = 15 mL	6 chews	3 chews	
> 95 lbs		4 tsp = 20 mL	8 chews	4 chews	2 tablets