

Protocol for Administering Over-the-Counter Medications to Dordt Discovery Days Campers

1. This protocol establishes the understanding that the administration of over-the-counter (OTC) medications by the Dordt Discovery Days camp nurse or other authorized camp personnel will follow the medication administration instructions listed herein.
2. The camp nurse or other authorized camp personnel will only administer OTC medications from a manufacturer's package or patient-specific labelled prescription bottle (i.e., not from pills in zip lock baggies or a pill box).
3. Different brands of the same medication may vary. If the administration instructions on the manufacturer's package or patient-specific labelled prescription bottle differ from the medication administration instructions listed herein, follow the packaging or prescription instructions.
4. Notify the parent/guardian if the camper's symptoms worsen or do not improve within 24 hours.
5. The following listed medications may be offered to a camper only when the online "Over-the-Counter Medication Permission Form and Protocols" form indicates approval by the camper's parent/guardian:
 - Acetaminophen (Tylenol)
 - Symptom: headache, sore throat, menstrual cramps.
 - Dose:
 - Over age 12: 325mg, 2 tablets, or liquid equivalent, every 4 hours.
 - For liquid, use a metered dose dispenser (not silverware).
 - Under age 12: 1 ½ 325 mg. tablets every 4 hours.
 - Do not exceed 3g in 24 hours.
 - Non-steroidal anti-inflammatory (Ibuprofen)
 - Symptom: menstrual cramps, muscle strain, backache, headache, ligament strain.
 - Dose:
 - Age 12 and older: 200 mg every 4 hours.
 - Younger than age 12: 100-200mg. every 4 hours.
 - Do not exceed 1200mg in 24 hours.
 - Phenylephrine HCL
 - Symptom: nasal congestion.
 - Dose:
 - Age 12 and older: 10 mg, 1 tablet, every 4 hours.
 - Do not give to children under age 12.
 - Guaifenesin cough syrup
 - Symptom: cough.
 - Dose:
 - Older than age 12yrs: 200-400mg every 4 hours up to 2.4g/24 hours.
 - Age 6-12yr: 100-200mg every 4 hours up to 1.2g/24 hours.
 - Use a metered dose dispenser (not silverware).

- Bismuth Subsalicylate
 - Symptom: upset stomach, diarrhea.
 - Dose:
 - Age 12 and older: 262 mg, chew 2 tablets every ½ to 1 hour.
 - Do not give to children under age 12.
 - Do not exceed 4.2g in 24 hours.
- TUMS, Rolaids, Mylanta
 - Symptom: upset stomach, heartburn
 - Dose:
 - Age 12 and older: 1-2 tablets.
 - Do not give to children under age 12.
 - Do not exceed 6 tablets in 24 hours.
- Diphenhydramine
 - Symptom: hives, bug bites.
 - Dose:
 - Campers weighing over 55 lbs: 25 mg every 4 – 6 hours.
 - Do not exceed 200mg in 24 hours.
- Cetirizine
 - Symptom: runny nose, sneezing, itchy eyes, watery eyes, itching of nose or throat.
 - Dose:
 - Ages 6 and older: 10 mg tablet once daily.
 - Do not exceed 10mg in 24 hours.

6. This protocol establishes the understanding to administer only the over-the-counter (OTC) medications listed herein and no others.

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