



The Orange County Department of Education Health & Wellness Program

List of Over the Counter Products Approved for Use in Schools

The following products and directions for use in school are authorized and approved by the Orange County Department of Education, Health and Wellness Program. The Credentialed School Nurse is the consultant regarding product use, information and related questions or concerns.

Name of Product	Directions for Use in Health Office, Child Care Program, First Aid Kits, and Related School Health Services
Wound/Skin Cleaning and Care	
Alcohol, Isopropyl	<ul style="list-style-type: none"> • Clean irritated or infected pierced body sites. • Apply to insect stings for soothing effect and/or relief of itching.. • Clean injection sites.
Hydrogen Peroxide (3%)	<ul style="list-style-type: none"> • Use as antiseptic to prevent infection of minor cuts, scrapes and burns. • Apply topically to wound site.
BZK Towelettes	<ul style="list-style-type: none"> • Use for perineal care. • Use for wound cleaning.
Antibacterial Ointment/Cream (Polysporin, Bacitracin, etc.)	<ul style="list-style-type: none"> • Use for minor cuts and scrapes. After cleansing area with mild cleanser, use gauze to apply a thin layer of ointment/cream over wound. • (Note: Do NOT use antibacterial ointment/cream on fresh body piercings)
Hydrocortisone Cream (0.5% -1.0%)	<ul style="list-style-type: none"> • Used for the temporary relief of minor skin irritations, itching, and rashes. • Apply a small amount of cream to the affected area. Gently rub it in until it is evenly distributed
Calamine Lotion	<ul style="list-style-type: none"> • Use for temporary relief of minor skin irritations, itching, and rashes. • Apply a small amount of lotion to the affected area. • Do not rub lotion in; calamine lotion is designed to dry on skin in a protective layer. Allow the lotion to dry completely before you cover the area with clothing.
Bee Sting Swabs/Wipes	<ul style="list-style-type: none"> • Provides temporary relief of itching and pain from insect bites and stings. • Use as directed on package insert/instructions.

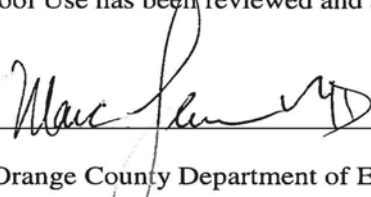
Eucerin/Lubriderm	<ul style="list-style-type: none"> Rehydrates dry, scaly skin.
Oral Care	
Dental Wax	<ul style="list-style-type: none"> Have student apply to orthodontia bracing to relieve oral irritation.
Topical Anesthetic (Orajel, Numzit, Anbesol, etc.)	<ul style="list-style-type: none"> Apply to gums to minimize or soothe teething discomfort.
Salt Water Gargle (one to two teaspoons to one cup water)	<ul style="list-style-type: none"> Use as a gargle for sore throats. Use as a mouth rinse for discomfort due to recent tooth loss or orthodontia treatment.
Non-Medicated Lip Balm (Carmex, Blistex, Vaseline, etc.)	<ul style="list-style-type: none"> Student may apply to lips as a lubricant for relief of cold sore discomfort/lip chapping.
Petroleum Jelly in tube	<ul style="list-style-type: none"> Use gauze pad as an applicator for applying to lips as a lubricant. Use as a lubricant to assist in removing tight rings. <i>(Note: Do NOT use petroleum jelly or similar products on burns.)</i>
Non-Medicated Throat Lozenges/Hard Candy (Ricola, Luden's, Hall's, etc.)	<ul style="list-style-type: none"> Use for relief of throat irritation
Eye Care	
Eye Wash (such as Dacriose, etc. for eye irrigation)	<ul style="list-style-type: none"> Squeeze gently (avoid touching eye with squeeze tip) to flush foreign body from eye, or for relief of discomfort. (Flushing is from inner to outer eye, with positioning to prevent contamination of unaffected eye).
Contact Lens Solution /Saline Solution	<ul style="list-style-type: none"> Student may use for cleaning/lubricating contact lenses.
Diapering/Toileting	
Perineal Wash (such as Periwash, etc.)	<ul style="list-style-type: none"> Use to clean perineum when diapering/during toileting assistance. Have student use for the same purpose if they are able to participate in self-care.
Diapering Ointment/Cream (A & D, Desitin, etc.).	<ul style="list-style-type: none"> Apply to perineum when diapering (after cleansing perineum) to prevent or minimize chafing.
Miscellaneous	
Acetaminophen	<ul style="list-style-type: none"> For minor fever/pain relief. Dosage of 325 mg every 4 hours as needed; maximum 6 doses per 24 hour period. <i>(Note: OTC acetaminophen is to be administered only to students age 12 and over and weighing at least 96 pounds).</i>
Ibuprofen	<ul style="list-style-type: none"> For minor fever/pain relief. Dosage of 200 mg every 6 hours as needed; maximum 4 doses per 24 hour period. <i>(Note: OTC ibuprofen is to be administered only to students age 12 and</i>

	<i>over and weighing at least 96 pounds).</i>
Antacids (regular strength) (Rolaids, Tums, Calcium Carbonate, etc.)	<ul style="list-style-type: none"> To relieve stomach ache/minor indigestion. Use as directed on package insert.
Lice Treatment Shampoo	<ul style="list-style-type: none"> To eradicate head lice infestation. Use as directed on package insert.

- Per California Education Code Section 35183.5 sunscreen is not considered to be an OTC product, and may be used in schools without a physician’s note or authorization.
- The California Department of Public Health recommends alcohol-based sanitizers for use in schools. There is no statute or regulation which prohibits schools from providing hand sanitizers for use by students and staff, especially in settings where soap and water are not readily available, such as portable classrooms. For more information on the use of hand sanitizers in schools, please visit: <http://www.cde.ca.gov/ls/he/hn/handsanitizers.asp>


The FDA defines drugs in part, by their intended use, as “articles intended for use in the diagnosis, cure, mitigation, treatment or prevention of disease.... [FD&C Act, sec. 201(g)(1)]. When an OTC product is used for any of the above purposes, it must be authorized for use/distribution in schools by a physician/authorized health care provider.

The Orange County Department of Education List of Over the Counter Products
Approved for School Use has been reviewed and approved.



Marc Lerner, MD
Medical Officer, Orange County Department of Education

3/2/12
Date



Pamela Kahn, RN, MPH
Coordinator, Health and Wellness
Orange County Department of Education

3/6/12
Date