

Changes to Nonprescription/Over-the-Counter (OTC) Medication Policy – Effective August 7, 2025

Dear Parent or Guardian,

We are writing to inform you of important changes to our **Nonprescription/Over-the-Counter (OTC) medication policy**, effective **August 7, 2025**.

Each school will continue to stock a limited supply of OTC medications in the clinic to be used for **urgent medical needs only**. If you would like your child to receive any of these medications during the school day, you must complete the “PERMISSION FOR OVER THE COUNTER MEDICATION” section in PowerSchool. **No medications will be administered without permission on file in the clinic.**

Parents and guardians remain responsible for their child’s routine health care needs. Whenever possible, please work with your child’s healthcare provider to administer medications before or after school hours.

To best support your child’s academic success, the school clinic will follow these guidelines:

- **A maximum of 10 doses per semester** will be administered for approved OTC medications. A physician’s note will be required for students who have medical conditions requiring a more frequent dosage.

OTC Medications Stocked in the Clinic

1. **Acetaminophen** (e.g., *Tylenol*)
 - **Use:** Pain relief or fever reduction
2. **Ibuprofen** (e.g., *Advil*, *Motrin*)
 - **Use:** Pain relief, inflammation, or fever
3. **Diphenhydramine** (e.g., *Benadryl*)
 - **Use:** Allergic reactions (e.g., hives, mild allergic symptoms)
4. **Antacid** (e.g., *Pepto Bismol*)
 - **Use:** Mild stomach upset, heartburn, or indigestion
5. **Cough Drops / Throat Lozenges**
 - **Use:** Minor sore throat or throat irritation
6. **Cough Medicine** (e.g., *Dextromethorphan*, *Guaifenesin*, or combination syrups)
 - **Use:** Relief of cough and chest congestion
7. **Hydrocortisone Cream** (1%)
 - **Use:** Minor skin irritation, itching, or inflammation

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8. **Triple Antibiotic Ointment** (e.g., *Neosporin*)
 - **Use:** Minor cuts, scrapes, or abrasions to prevent infection
9. **Burn Cream** (e.g., *Lidocaine-based* or *Aloe-based*)
 - **Use:** Minor burns or skin discomfort
10. **Saline Eye Drops**
 - **Use:** Minor eye irritation or dryness
11. **Calamine Lotion**
 - **Use:** Itching from insect bites, poison ivy, or mild skin rashes

If you have any questions, please feel free to contact the **School Nurse Coordinator** at:
nlobrien@acpsweb.com

Thank you for your continued support in promoting your child's health and academic success.

Sincerely,

Appomattox County Public Schools