

Health Issues and OTC Medications covered by NMDOH standing orders:

Health Issue	Medication named in Standing Order
Fever (while waiting for pick-up)	Acetaminophen Ibuprofen
Headache	Acetaminophen Ibuprofen
Menstrual Cramps	Ibuprofen Naproxen Diclofenac Acetaminophen
Minor cough	Cough drops
Sore throat	Acetaminophen Ibuprofen
Severe pain while waiting for transport	Acetaminophen
Acid reflux	<i>Calcium-carbonate antacids only*</i> Tums Rolaids *Note: due to salicylate content, Pepto-Bismal is not included in standing order. The standing order does not cover other OTC medications, such as aluminum- or magnesium-containing antacids, or H2-blockers or proton pump inhibitors.
Oral pain	Topical analgesia such as benzocaine, Anbesol, Orajel
Insect bites	Topical: "Sting Relief" Hydrocortisone Cream/Ointment
Mild/Moderate allergic reaction	Topical: Hydrocortisone Cream/Ointment Oral Antihistamine: Diphenhydramine
Minor wounds	Topical antibiotics: Bacitracin Petroleum Jelly
Lice Shampoo	Pyrethrins (RID, A-200, R+C Shampoo) Permethrin (NIX 1% Cream Rinse)
Lactose Intolerance	Lactase supplements such as LactAid, Lactrase, Lac-Dose, etc *need provider order if student <4yo
Skin Protection and Treatment	Barrier: Zinc oxide products (e.g., Desitin, Balmex, Periguard, etc.); Dimethicone or silicone polymer (e.g., Secura, Medline, Cavilone, etc.); Petroleum jelly (minimum 5%) – (e.g., Medline, CareALL, Vaseline, Aquaphor, etc.); Lanolin (e.g., Sundance) Moisturizing: Glycerin (e.g., Cetaphil) Aloe vera

	Sun Protection: Chemical sunscreens with avobenzone, octocrylene, and/or octisalate (e.g., Coppertone, Banana Boat, Neutrogena, etc.) Mineral sunscreens with zinc oxide (e.g., Eucerin, Coppertone, etc.) or titanium dioxide (e.g., CeraVe). For lips: use non-irritating lip balm with SPF 30 or higher before exposure. Options include titanium oxide or zinc oxide. Chapped Lips: Options include products with ceramides, dimethicone, mineral oil, petrolatum, shea butter, titanium oxide, zinc oxide, petroleum jelly **NO products with camphor, eucalyptus, flavoring, fragrance, lanolin, menthol, octinoxate, oxybenzone, phenol/phenyl, or salicylic acid
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NMDOH/NMSHM Chapter 15: Standing Orders and Guidelines for the School Nurse to Treat and to Perform Laboratory Procedures