

Claritin (Loratadine) or Zyrtec (Cetirizine)

Claritin or zyrtec are antihistamines medications good at relieving symptoms due to seasonal or environmental allergies such as runny nose, sneezing, itchy, watery eyes, and itching of the nose and throat. They can be given to children 2 years or older for acute or chronic allergy symptoms. Zyrtec in particular is also good at relieving hives due to an allergic reaction, and given by mouth works just as quickly as Benadryl. The benefit of these medications is that they last 24 hours and are less likely to make you sleepy than Benadryl.

Side Effects: They are usually very well tolerated and do not cause drowsiness or agitation. Other side effects are rare.

Age	Dosage (mg)
2-6 years old	2.5- 5 mg
>6 years old	5-10 mg

Claritin and zyrtec come in tablets, kappels, liqui-gels, or quick dissolve strips and liquid and all of them are equally effective and can be given daily.

CHILDREN'S BENADRYL ALLERGY LIQUID

(Generic Name: Diphenhydramine)

(Antihistamine)

NEVER GIVE TO INFANTS LESS THAN 6 MONTHS OLD.

DO NOT GIVE TO CHILDREN LESS THAN 2 YEARS OLD UNLESS ADVISED BY A PHYSICIAN.

Dosage: Every 4 -6 hours. Please use our dosing guide for babies (over 6 months of age) and young children.

When to use: Benadryl is an antihistamine medication good at relieving symptoms due to an allergy to food or medication, hives, itching, upper respiratory allergies such as runny nose, sneezing, itchy, watery eyes, itching of the nose and throat.

Side Effects: Benadryl may cause drowsiness or, less commonly, agitation or insomnia. Other side effects are rare.

CHILDREN'S BENADRYL ALLERGY LIQUID (Diphenhydramine) 12.5 mg per 5 ml (tsp)

For children 6 months to 11 + years of age

Weight	Dosage (12.5 mg per 5 ml/1 tsp)
18-23 lbs	$\frac{3}{4}$ teaspoon (3.75 ml)
24-35 lbs	1 tsp (5 ml)
36-47 lbs	1 $\frac{1}{2}$ tsp (7.5 ml)
48-59 lbs	2 tsp (10 ml)
60-71 lbs	2 $\frac{1}{2}$ tsp (12.5 ml)
72+ lbs	3 tsp (15 ml)

Dosage (12.5 mg per 5 ml/1 tsp)

Children over the age of 12 years may take the adult strength (25 mg) Benadryl. The dosage is 1-2 (tablets, kappels, liqui-gels, or quick dissolve strips) every 4-6 hours.