



Cough, Cold & Allergy Dosage Chart

We do NOT recommend that children receive cough and cold medicine if they are less than 4 years of age, unless otherwise directed by your child's provider. Please contact our office if you believe cough and cold medicine will benefit your child so we can assist you in administering the proper dosage.

| Allegra (Fexofenadine) | | | | | |
|------------------------|--------|----------------------|--------------------------|-------------------------|-------------------------|
| Age | Dosage | Children's Liquid | Children's Tablets | 60mg/12hr Tablets | 180mg/24hr Tablets |
| Under 2 Years | -- | Not Recommended | Not Recommended | -- | -- |
| 2-6 Years | 30mg | 1 tsp every 12 hours | 1 tablet every 12 hours | -- | -- |
| 6-12 Years | 30mg | 1 tsp every 12 hours | 1 tablet every 12 hours | -- | -- |
| 12+ Years | 60mg | 2 tsp every 12 hours | 2 tablets every 12 hours | 1 tablet every 12 hours | 1 tablet every 24 hours |

| Benadryl (Diphenhydramine) May be taken every 4-6 hours | | | |
|---|----------------------------|-----------------|--------------|
| Weight | Liquid Benadryl 12.5mg/5ml | Chewable 12.5mg | Tablets 25mg |
| 18-28 lbs | ¼ tsp (3.75ml) | -- | -- |
| 29-41 lbs | 1 tsp (5ml) | 1 Chewable | -- |
| 42-54 lbs | 1.5 tsp (7.5ml) | -- | -- |
| 55-83 lbs | 2 tsp (10ml) | 2 Chewable | 1 Tablet |
| 84-110 lbs | 3 tsp (15ml) | 3 Chewable | -- |
| 110+ lbs | 4 tsp (20ml) | 4 Chewable | 2 Tablets |

| Claritin (Loratadine) | | | |
|-----------------------|-------------------------|----------------------|---------------------|
| Age | Syrup 1mg/1ml | Chewable Tablets 5mg | Tablets 10mg |
| Under 2 Years | Not Recommended | -- | -- |
| 2-5 Years | 1 tsp Once Daily (5ml) | 1 Tablet Once Daily | -- |
| 6+ Years | 2 tsp Once Daily (10ml) | 2 Tablets Once Daily | 1 Tablet Once Daily |

| Zyrtec (Cetirizine) | | | |
|---------------------|-----------------------------|--------------------------|---------------------|
| Age | Syrup 1mg/1ml | Chewable Tablets 5mg | Tablets 10mg |
| Under 2 Years | ½ tsp Once Daily (2.5ml) | -- | -- |
| 2-5 Years | ½ to 1 tsp (5ml) Once Daily | ½ to 1 Tablet Once Daily | -- |
| 6+ Years | 2 tsp Once Daily (10ml) | 2 Tablets Once Daily | 1 Tablet Once Daily |