



## 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)	--	--
19-41 lbs	1 tsp (5ml)	1 Chewable	--
42-55 lbs	1.5 tsp (7.5ml)	--	--
55-83 lbs	2 tsp (10ml)	2 Chewable	1 Tablet
83-110 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	1 Tablet Once Daily	--
6+ Years	2 tsp Once Daily	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	--	--
2-5 Years	½ to 1 tsp Once Daily	½ to 1 tsp Once Daily	--
6+ Years	2 tsp Once Daily	2 tsp Once Daily	1 Tablet Once Daily