Portland Public Schools
Health Program
School Year 2024-2025

STUDENT(print)_____ Grade_____

This form must be returned to the nurse before these products can be used. Please *draw a line* and *initial* any item you **DO NOT** want provided in school.

• *Moisturizing Lotion*	• *Antacid tablets*
• *Antibacterial Ointment*	• *Isopropyl Alcohol*
• *Burn Gel/Spray with Lidocaine*	• *Normal Saline*
• *Calagel*	• *Petroleum Jelly*
• *Hydrogen Peroxide*	• *Lip Ointment*
• *Throat Lozenges-(PHS, PMS, & BIS students only)*	• *Dry Eye Therapy Drops*
• *Hot/Cold Application*	• *Hydrocortisone 1% ointment*
• *Sore Throat Spray*	• *Ace Wraps/Splints*

Acetaminophen 650mg for age 12 and over; 325 mg ages 6 to 11; 160 mg under age 6 by mouth every 4 hours for headache, fever, mild pain or cramps. NOT GIVEN WITH IBUPROFEN (motrin, advil).

Ibuprofen Liquid Suspension 100mg / 5 ml dispensed per label weight instruction or tablets 200mg per label dose instructions by mouth every 8 hours – NOT GIVEN WITH ACETAMINOPHEN (Tylenol)

Albuterol MDI (multi dose inhaler) 2 puffs every 4hours as needed for wheezing.

Benadryl (diphenhydramine) 1.25 mg/kg/dose. Maximum 50 mg/dose PO as needed for allergy symptoms

Epipen/Epipen Jr. as needed for allergic reaction

    Adrenalin 1mg/cc 1:1000 as needed for allergic reaction

      0.3cc Intramuscular for students >66 lbs

      0.15cc Intramuscular for students 33-66 lbs

      Repeat dose in 15-20 minutes if no improvement

CALL 911 if administered

NARCAN (Naloxone) 4mg Intranasal as needed for suspected opioid overdose CALL 911 if administered

SUNSCREEN – self apply own supply with signed parent permission if over age 6. Self apply under age 6 with Provider and Parent permission and School Nurse Approval

Trained persons (as identified by the District) may utilize materials contained in the "Stop the Bleed" kits as trained and directed as needed for management/control of severe bleeding.

Materials include: Quik Clot bleeding dressing, mini compression bandage, C.A.T. tourniquet and PPE that may include gloves, masks, eye protection

Parent Signature: _____