

Diphenhydramine (Benadryl)

Products labeled “allergy plus cold” or “allergy plus sinus” are not recommended for children under the age of 6, as they contain additional medications. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s liquid: 12.5 mg/5 mL = 12.5 mg/1 tsp
Children’s chewables or FastMelt tablets: 12.5 mg each
Adult tablets or capsules or Quick Dissolve Strips: 25 mg each

Indication: Give for hives, allergic reaction, itching, or seasonal allergy symptoms.
Not recommended as a sleep aid or for relief of cold symptoms.
Not recommended under the age of 1 without the supervision of a doctor.

Timing: You may give a dose of diphenhydramine (Benadryl) every 6 hours as needed.

Weight	Liquid	Chewable	Tablets/capsules/strips
17-21 lbs	¾ tsp = 3.75 mL		
22-32 lbs	1 tsp = 5 mL	1 chew	
33-42 lbs	1 ½ tsp = 7.5 mL	1 ½ chews	
43-53 lbs	2 tsp = 10 mL	2 chews	1 tablet
54-64 lbs	2 ½ tsp = 12.5 mL	2 ½ chews	
65-75 lbs	3 tsp = 15 mL	3 chews	
76-86 lbs	3 ½ tsp = 17.5 mL	3 ½ chews	
>86 lbs	4 tsp = 20 mL	4 chews	2 tablets

Cetirizine (Zyrtec)

Products labeled “D” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses. Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s liquid: 5 mg/5mL = 5 mg/1 tsp
Children’s chewables: 5 mg **OR** 10 mg each
Adult tablets or liquid gels: 5 mg **OR** 10 mg each

Indication: Give for hives, itching, or seasonal allergy symptoms.
Not recommended as a sleep aid or for relief of cold symptoms.
Not recommended under the age of 6 months.

Timing: You may give a dose of cetirizine (Zyrtec) either once or twice daily, as indicated below.

Age	Liquid	5 mg Chew/Tabs	10 mg Chew/Tabs
6 – 11 months	½ tsp = 2.5 mL daily		
12 – 23 months	½ tsp = 2.5 mL twice daily		
2 – 5 years	1 tsp daily	1 daily	
6 – 11 years	1 tsp daily, may increase to 2 tsp daily if needed	1 daily, may increase to 2 daily if needed	1 daily
12 + years	2 tsp daily	2 daily	1 daily

Loratadine (Claritin)

Products labeled “D” or “plus decongestant” are not recommended for children under the age of 6, as they contain additional medications. In addition, chewables and tablets may come in different doses.

Read packages carefully to determine the specific dose in each chewable or tablet. Always use the measuring device packaged with the liquid medication; do not substitute another measuring device.

Children’s liquid:	5 mg/5 mL = 5 mg/1 tsp
Children’s chewables or RediTabs:	5 mg OR 10 mg each
Adult tablets, capsules, or RediTabs:	5 mg OR 10 mg each

Indication: Give for hives or allergy symptoms.
Not recommended for relief of cold symptoms.
Not recommended under the age of 2 years.

Timing: You may give a dose of loratadine (Claritin) once daily.

Age	Liquid	5 mg Chew/Tabs	10 mg Chew/Tabs
2 – 5 years	1 tsp	1 chewable daily	
6 + years	2 tsp	2 chewables	1 chewable