**Job Corps List of Non-Prescription Medications**

Job Corps non-prescription medications should be made available to the non-health residential staff in unit dosing so that Symptomatic Management Guidelines can be implemented until the affected student receives treatment in the Health and Wellness Center. Non-health staff should refer to the Symptomatic Management Guidelines for ongoing care beyond the initial medication dosing recommended below.

|  |  |  |
| --- | --- | --- |
| Medication | Indications | Dosing |
| Acetaminophen (Tylenol®) 500 mg | Pain, fever | 2 tablets every 4 hours[[1]](#footnote-1) |
| Antacid liquid (Maalox®) | Upset stomach | 3 teaspoons 4 times a day |
| Antacid tablets (TUMS-EX®) 500 mg | Upset stomach | 2 tablets 4 times a day |
| Cough drops | Cough | 1 cough drop as needed |
| Decongestant spray (Afrin®) | Sinus/nasal congestion | 2 sprays every 12 hours |
| Dextromethorphan cough syrup 10 mg | Cough | 3 teaspoons every 6 hours [[2]](#footnote-2) |
| Diphenhydramine (Benadryl®) 25 mg | Allergy | 1-2 capsules every 6 hours |
| Ibuprofen (Advil®/Motrin®) 200 mg | Pain, fever | 2 tablets every 6 hours [[3]](#footnote-3) |
| Loperamide (Imodium AD®) 2 mg | Diarrhea | 2 caplets initially |
| Milk of magnesia | Constipation | 2 tablespoons every 12 hours |
| Naproxen sodium (Aleve®) 220 mg | Menstrual cramps | 2 tablets every 8 hours [[4]](#footnote-4) |
| Pseudoephedrine (Sudafed®) 30 mg | Sinus/nasal congestion | 1-2 tablets every 8 hours |
| Saline nasal spray | Sinus/nasal congestion | 2 sprays as needed |
| Sore throat lozenges | Sore throat | 1 lozenge as needed |

Maximum Daily Dose (MDD)

1. MDD = 4 g [↑](#footnote-ref-1)
2. MDD = 120 mg [↑](#footnote-ref-2)
3. MDD = 1600 mg [↑](#footnote-ref-3)
4. MDD = 1320 mg [↑](#footnote-ref-4)