



OTC LIST

(can be obtained from your local pharmacy)

Keeping a small supply of common over-the-counter medications on hand can help manage minor medical issues until medical care is available. This guide is for **short-term symptom relief only**. Seek medical care for severe or worsening symptoms.

Acetaminophen

Brand name: Tylenol

For fever or mild to moderate pain.

Loratadine

Brand name: Claritin

For allergies, itching, and hives. Non-drowsy for most.

Diphenhydramine

Brand name: Benadryl

For allergies, itching, and hives, or for short-term sleep disturbance. **Note:** Can cause significant fatigue and drowsiness — use with caution.

Famotidine

Brand name: Pepcid (chewables recommended)

For heartburn and G.I. upset.

Loperamide

Brand name: Imodium

For diarrhea. Remember — sometimes it's better to let things run their course, as diarrhea can be the body's way of clearing an irritant.

Lidocaine 4% Patch

Brand name: Salonpas 4% (popular brand)

For targeted, localized pain relief. Apply directly to the affected area. Do not use on broken or irritated skin.

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