Guidelines for the use of Cough Drops

Coughing is the body's way of removing foreign material or mucous from the lungs. Typically, cough drops are given for temporary relief of minor throat irritation or to reduce coughing. Lozenges without active ingredients or time interval suggestions are acceptable at school.

**Middle and High School**
- If a student reports to the health office complaining of a cough, the health aide may offer one of the following types of cough drops. These do not contain active ingredients and do not require medical authorization.
  - Halls
  - Ludens
  - Halls Plus
  - N'ice
  - Robitussin
  - Sucrets (regular)
  - Vicks menthol
  - Vicks cough drops (all flavors)

  - It is not necessary for the parent to send a note.
  - It is not necessary to notify a parent prior to offering a cough drop.
  - Cough drops should not be used while participating in physical activities.
  - Students may carry cough drops as long as they do not abuse them.

**Elementary School**
- Parents may provide cough drops. These will be kept in the health room or given to the teacher.

Parents will be contacted
- If fever > 100.5
- Coughing persists
- Student feels bad and needs to go home