Dear Parents,

As part of ISV’s Charter we are required to write to you with a list of over the counter medicines that we use in School to treat minor ailments. I have listed below the products we commonly use in the Health Centre. Please take a minute to look at the list. Then please could you complete and return the attached form indicating if you are happy for your child/ren to receive these products and listing any you would rather he/she was not given. All over the counter medicines, supplied in the Health Centre, have detailed protocols for their administration.

- Paracetamol / liquid paracetamol – for pain
- Ibuprofen – for pain
- Liquid children's nurofen – for pain
- Soothagel – mouth ulcers
- Strepsils – sore throat
- Simple linctus – cough
- Arnica Cream – bruising
- Vicks Vapour rub – nasal congestion
- Aqueous Cream – moisturising cream
- Mentholateum deep heat spray – pulled muscles
- Olbas oil – blocked nose
- Savlon Cream – antiseptic cream
- Calamine lotion – itchy skin, rashes, sunburn
- Anthisan cream – stings and bites
- Waspheeze spray – stings
- Vaseline – dry skin, chapped lips
- Sun cream – sun protection
- Aftersun – to soothe sunburnt skin

Yours sincerely

The Health Centre
List of Over the Counter Medicines Held in the Health Centre

Please complete one form per child and return to:
The Health Centre: health@isvietnam.org

Student’s name: ……………………………………………………………………………………..

Grade: ……………………………………………

I have read the list of over the counter medicines provided by The International School of Vietnam:

Please indicate as appropriate:

- My child may have all of those listed: ☐

- My child may have all of those listed except (please state): ☐

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Signed: ………………………………………………………………………………………
(Parent/Guardian)

Date: ………………………………………………………………………………………