



DEPARTMENT OF THE ARMY  
HEADQUARTERS, U.S. ARMY MEDICAL DEPARTMENT ACTIVITY  
PO BOX 105109  
FORT IRWIN, CA 92310-5109

REPLY TO  
ATTENTION OF

MCXK-RXS

12 January 2016

MEMORANDUM FOR RECORD

SUBJECT: Self Care Program

1. The self-care program allows enrolled healthcare beneficiaries to request up to 5 items per family per month. Medication availability is subject to change.
2. The Pharmacy staff reserves the right to deny OTC medications and advise individuals to schedule an appointment with a healthcare provider for an evaluation.
3. Children who do not meet the OTC age restriction must see a provider to obtain medication(s) for proper dosing.
  - a. Acetaminophen (Tylenol) 325mg tablets and children's liquid (*ages 2 & up*)
  - b. Bacitracin antibiotic ointment
  - c. Benadryl 25mg tablets and children's liquid (*ages 2 & up*)
  - d. Cepacol throat lozenges
  - e. Clotrimazole 1% cream
  - f. Hydrocerin (Eucerin) cream
  - g. Hydrocortisone 1% cream
  - h. Ibuprofen 100mg/5ml liquid (*ages 2 & up*)
  - i. Loratadine (Claritin) 10mg tabs and children's liquid (*ages 2 & up*)
  - j. Mucinex (guaifenesin) tabs
  - k. Miconazole vaginal cream
  - l. Oxymetazoline (Afrin) nasal spray
  - m. Permethrins 1% lice treatment
  - n. Plan-B (max 2 per 6 months or family planning referral appointment)
  - o. Refresh eye saline bottle
  - p. Robitussin (guaifenesin) elixir (*ages 12 & up*)
  - q. Pseudoephedrine (Sudafed) 30mg tabs and children's liquid (*ages 4 & up*)
  - r. Saline nasal spray
4. For questions or comments about the Self Care Program please contact the Chief of Pharmacy located at the Dr. Mary Walker Center, phone 760-380-4593.

  
JAMES K. KENISKY  
MAJ, MS  
Chief, Pharmacy Services