



PRE-PACKAGED MEDICATION INFORMATION & INSTRUCTIONS

We have found it very successful having parents pre-package medication for their child. **We require parents of children taking a daily pill form of medication (all non-prescription, natural and prescription meds) to pre-package pills at home and then send it to us.** All medication must arrive at camp no later than June 20th as our nurses need time to log the medication and set up the procedures needed to safely and accurately distribute them.

To make this task as easy as possible for you, we have included these instructions. This needs to be done with accuracy to ensure safe distribution of all medication. Please make sure all packages are labeled with all of the correct information.

- 1) A photocopy of the doctor's written prescription for each medication is required and must be sent to us with the medication. The original pill bottle with the original label is acceptable as well. This is what the nurses will use to verify that the medication in the packages is correct.
- 2) Purchase EZY dose pill pouches or small coin envelopes (2 ¼" to 3 ½" in size). Coin envelopes can usually be found at office supply stores. EZY dose pouches are available at most drug stores and pharmacies. They are also easily found online. These bags are transparent, can be written on and are simple to open.
There is also a new online service called PillPack.com which can sort and package your meds and then send them to camp for you. This service has no affiliation with camp and is completely optional. If you do decide to use this service make sure to have them follow the camp guidelines for labels.
- 3) Package the medication. **Each package must be labeled with:**
 - a. Your child's first and last name
 - b. Name and dosage of the medication
 - c. The time of day the medication should be taken. Please use these abbreviations:
AM=Breakfast NOON=Lunch PM=Dinner HS=Bedtime
If your child takes a medication at an alternate time, please write the exact time (i.e. 3pm) the med is to be given.

SAMPLE MEDICATION PACKAGE LABEL:

Joe Camper Zyrtec 10 MG AM

- 4) Packages should contain all the pills taken at that meal or time of day.
- 5) Please use separate packages for each day. If your child has multiple medication times in one day, then each time of day will also need a package. (For example an AM package for meds taken in the morning and a different HS package for meds taken at bedtime on the same day.) **Many parents have found it helpful to create a label with the packaging information so you do not have to handwrite every packet.*

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Pre-packaged medication has shown itself to be a vast improvement from the old way of pulling one pill from the bottle every day and organizing it for delivery to your child. Packaging your own child's medication is also the best way to reduce potential error. Those parents who have packaged their child's medication have done an outstanding job. Thank you!

Please note that we will not take medication at the bus stops, with the exception of refrigerated medication (allergy & growth hormone shots). These should be in insulated bags with administration instructions and clearly labeled with your child's name.

We understand that that some medication can only be dispensed 1 month at a time. If this is the case, you may send all the medication your camper will need from the first day of camp to Visiting Day on July 20th. Then on Visiting Day you can bring the remaining pre-packaged medication to give to the infirmary.

All daily liquid medication, inhalers, drops, and "as needed" medication must also all arrive at camp by June 20th. These meds do not have to be individually pre-packaged. Please place these meds, in its' original packaging and in a Ziploc bag with your child's name. If the administration instructions are different than those on the original medication packaging, please enclose the new instructions in the bag. These medications are kept in the infirmary. The nurses need time to log and store these meds as well.

Remember, the camp stocks over the counter medicine for distribution as needed. We stock Tylenol, Ibuprofen, Claritin, Zyrtec, Allegra, Hydrocortisone creams, Antibiotic creams, Benadryl, Cough syrup and more. It is unnecessary to send these meds to camp unless your child takes or uses them on a daily basis.

Medication will be distributed by our nurses to your camper's table during meal times. For those campers who take an afternoon med, the camper will go to the infirmary and receive the medication there. Bed time meds are delivered to the cabins each night.

Following the above instructions will enable our nursing staff to give their full attention to all our campers' medical needs from the moment the buses arrive at camp. We thank you for your cooperation.

As always, please feel free to contact us with any questions.