

# MEDICATIONS AT CAMP

## Safety is the #1 priority at Camp One Step

To make sure that your child receives the best and safest care possible, it is important that we receive the most up-to-date health information from you.

Before each camp program begins, the medical team does a thorough review of your child's health information. The medical team decides what information needs to be shared with your child's counselors. This information is used to care for your child, to keep them safe, and support their health while away from home. Any changes in your child's health should be communicated to the medical team prior to the start of camp.

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**Providing clear and accurate information about your child's medications is an important safety step.**

### **WHAT YOU NEED TO KNOW ABOUT MEDICATIONS:**

"Medications" refers to any product or substance that your child takes to improve or maintain health. Some examples of medications are prescription drugs, over the counter medications, vitamins, supplements, protein shakes or other nutritional support.

- When applying to a camp program, a photo of your child is requested. This photo is used to identify your child and is part of our safety check prior to giving your child medications. Providing a photo that shows your child's face clearly is recommended.
- All medications are prepared and administered by a licensed health care professional. A two-person check system is used when preparing your child's medication. This is one way that we keep your child safe.
- Many states have laws that need to be followed when giving medications at camps. Since many of our camp programs are held in Wisconsin, we follow the laws of that state.



## MEDICAL INFORMATION CONTINUED

- Wisconsin state law requires:
  - All medications must be brought to camp in containers that are clearly labeled with your child's name, name of the medication, dose, how often the medication is taken, and how the medication is taken (i.e., by mouth, applied to the skin).
  - The medical team cannot accept medications that have been pre-packaged in pill containers, pill boxes, or zip lock bags.
  - All prescription medication must also include the name of the doctor who wrote the prescription, prescription number, and date written. This information is available on the label attached to the medication bottle.
- When entering medication information in the electronic health system, it is helpful to include why your child takes the medication and common side effects. If your child's doctor would like to be called if certain things occur, please let us know this. An example would be "call the doctor if the blood pressure is >140/90."
- The medical office has a supply of medications referred to as "stock medications." These are commonly used drugs like Tylenol, Ibuprofen, MiraLAX, cough/cold medications, and allergy medications. If your camper takes "as needed" medications, you will need to enter these medications into the electronic health system. A list of available stock medications is printed in this document.
  - If your child takes any of these stock medications as needed, you no longer need to send these medications to camp. We will give them to your child from the stock supply. An example of this would be Tylenol every 4 hours as needed for pain.
  - If your child takes any of these stock medications every day on a scheduled basis, you will need to send the medication to camp. An example of this would be an allergy medication taken every morning.
- Your child's medications will be stored in the medical office during the camp session. The medications will be kept in a locked medication room. They will be returned to your child when they are ready to go home. This includes medications for our oldest campers.
- Please make sure that your child brings enough medication with them to camp. Having a few extra doses of medications can be beneficial in case a dose gets dropped or damaged.
  - If the medical team sees that your child will run out of a medication while at camp, we will reach out to you for a refill. The refill can either be called into a pharmacy close to camp OR you can refill the medication at home and either ship it to camp or drop it off at camp.
  - If your child has been prescribed an Epi-pen for allergic reactions, please send this with your child.
  - If your child has asthma or has been prescribed a rescue inhaler, please send this with your child. If your child has a spacer, please make sure the spacer is included with your child's medications.
  - Prior to leaving for camp, please check the expiration dates on all your child's medications. If a medication has expired, please request a refill from your child's doctor prior to camp.

## MEDICAL INFORMATION CONTINUED

- If the brand of your child's medication changes right before camp and now looks different (now a yellow round pill instead of an orange oval pill), please discuss this with your child prior to leaving home. When a child receives a medication that looks different than what they are used to, it can cause them worry. If a child questions a medication at camp, the medical team will always hold that medication until we make sure that the medication is correct.
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## OVER THE COUNTER (OTC) STOCK MEDICATIONS

### Allergy:

- Loratadine (Claritin)
- Cetirizine (Zyrtec)
- Diphenhydramine (Benadryl)

### Constipation:

- Polyethylene Glycol (Miralax)

### Cough/Cold:

- Cough drops
- Guaifenesin (Mucinex)
- Non-Drowsy Cough/Cold
- Pseudoephedrine (Sudafed)
- Phenylephrine HCL
- Robitussin DM cough syrup

### Lotions/Creams:

- Hydrocortisone cream
  - Antibiotic ointment (Bacitracin, Triple antibiotic ointment)
  - Calamine lotion
  - Sunscreen
  - Insect Repellent
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### Motion Sickness:

- Meclizine (Dramamine)

### Nosebleeds:

- Normal Saline Nasal Spray
- Oxymetazoline (Afrin Nasal Spray)

### Pain:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)

### Stomach Upset:

- Calcium Carbonate (Tums)
- Bismuth Subsalicylate (Pepto-Bismol)

If your child has a medication change or a change in their health status, please reach out to us to discuss these changes. You may contact Susie Burke, Camp One Step's Medical Director either through email, [Sburke@camponestep.org](mailto:Sburke@camponestep.org) or via phone, 414-202-9971.

Thank you for partnering with us to provide your child a safe camping experience. We look forward to seeing your child at upcoming Camp One Step programs!