



## Camper Medication

If your child is bringing ANY medications (see number 1 below) to camp, please read the following.

Camp Kawartha has a Registered Nurse, Registered Practical Nurse or Paramedic on site 24 hours a day. They are responsible for medication administration and will work with you and your child(ren) to ensure that they receive their medications daily. As we are working together as a team, we are requesting that you read the following information and package the medications as per the instructions below.

### Things to note:

1. All medications, including over the counter medications (vitamins, pain medication, homeopathic medication, etc.), supplements and prescription medications **MUST** be kept in the Health Centre.
2. Creams or ointments can be left with the campers if they are able to apply it to themselves.
3. All over the counter medications **MUST** be in their original bottles or boxes with identifiable labels.
4. All prescription medications **MUST** be in their original containers with the name of the camper, the name of the medication, the dose and the administration instructions on the label.
5. Do **not** take medications out of their original containers and place them in a dosette.
6. Do **not** send **Tylenol, Advil, or Gravol** unless your child prefers a specific brand (ex. Dye Free, Liquid Jells, Chewable, etc.) We have generic forms of these medications in our Health Centre, which can be provided at no charge with your consent.
7. If your child has **more than 3 prescription medications per day**, please ask your pharmacist to have the medication put in a blister pack. There should be no added charge for this service, but this needs to be organized **at least a week** before you are coming to camp.
8. Epinephrine auto injector: EpiPen®, Emerade™ or Allerject®
  - Please send two
  - If you want your child to carry their auto-injector, please provide a fanny (waist) pack
9. Asthma medication: Puffers, inhalers, aerochambers
  - Please send two and make sure they are not expired and they are full.
  - If you want your child to carry their inhaler, please provide a fanny (waist) pack

Please follow the steps below (pictures next page for reference):

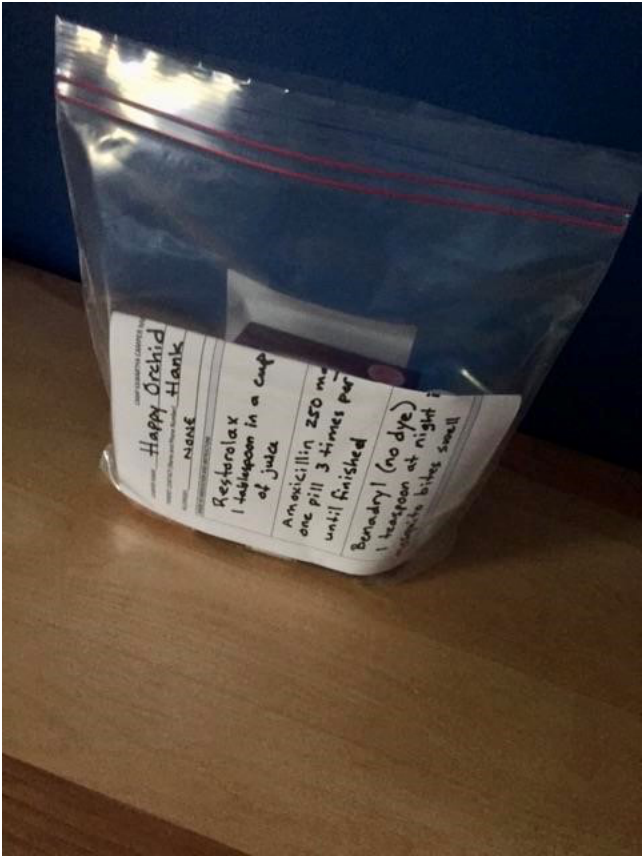
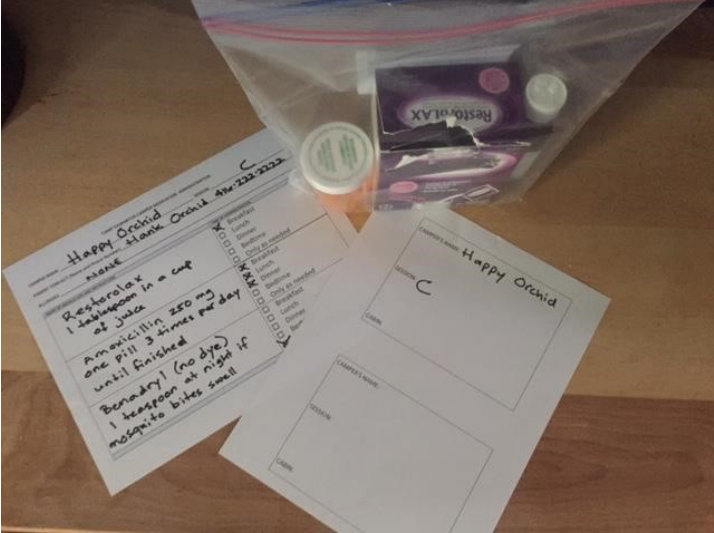
1. Print the "CAMPER MEDICATION INFORMATION AND LABELS" (on page 3 and 4). Print off as many forms as you need to. When you are filling them out, please print clearly so it is legible. If you need more space for instructions, please write on the back of the form. We will put the cabin name on the label when your camper arrives.
2. Each row is for one medication only. Check off when is the best time to administer the medication.
3. Put all of your child's medication in a large Ziplock bag. If you require more than one bag, make sure that the appropriate documentation is in each bag.
4. Ensure that the contact information is clear and up to date in the event that we need to call you.
5. When you arrive, we will take the Ziploc bag and store the medications in the Health Centre. We will be meeting with your child privately, to discuss how their medications will be administered throughout their time at camp.

The health care team thanks you!

If you have any questions, please email [healthcare@campkawartha.ca](mailto:healthcare@campkawartha.ca)

Camp Kawartha Health Care Coordinator

# HOW TO LABEL AND BAG YOUR CAMPER'S MEDICATION



**CAMPER MEDICATION INFORMATION AND LABELS**

CAMPER NAME \_\_\_\_\_ SESSION \_\_\_\_\_

Parent / Guardian Contact \_\_\_\_\_  
 NAME AND PHONE NUMBER

NAME OF MEDICATION and INSTRUCTIONS	TIME OF ADMINISTRATION
	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Supper <input type="checkbox"/> Bedtime <input type="checkbox"/> Only as Needed
	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Supper <input type="checkbox"/> Bedtime <input type="checkbox"/> Only as Needed
	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Supper <input type="checkbox"/> Bedtime <input type="checkbox"/> Only as Needed
	<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Supper <input type="checkbox"/> Bedtime <input type="checkbox"/> Only as Needed

Extra Instructions (Please use back if you run out of space):

**LABELS FOR ZIPLOCK BAG**

**CAMPER'S NAME:**

**SESSION:**

**CABIN:**

**CAMPER'S NAME:**

**SESSION:**

**CABIN:**