



## CAMPER MEDICATION CHECKLIST

This page is for your information only. Review it and keep for reference. Do not submit this page with your registration.

### MEDICATION CHECKLIST FOR CAMP ATTENDANCE

#### ALL medications at camp must meet these criteria - prescription (Rx) & over-the-counter

- Leave the medication in the original container. The labeled patient's name and dosage instructions should be clearly visible. No medications will be given unless they are in original containers per 'Texas Department of State Health Services' rules.
- The Heart of Texas Camp 'Health Statement & Release Form' must be fully completed for each camper and signed by the parent/legal guardian to be turned in at registration.
- Place an **extra copy** of the fully completed 'Health Statement Form' in a large zip-lock bag, along with the medication (*in its original container*). The outside of the zip-lock bag should be labeled with the patient's name and church group, and brought to registration on the first day of camp. Each camper that brings medication should have their own labeled zip-lock.
- All medications at camp will be given to the Camp Medical Staff, who will secure all medications in the Health Center. Medications will be administered as per Rx label by the Medical Staff. No medications (*including adult sponsors*) can be left in any bunkhouse. The Camp Health Center is stocked with a variety of over-the-counter medications and can be given as per the parent's authorization.

### FREQUENTLY ASKED QUESTIONS

- ⇒ **Can my child keep their epi-pen and inhaler?** Yes
- ⇒ **What if my child forgets to come take their medication?** Unless the medication is vital, we will not hunt for your child to take the medication. It is up to the camper to come to the Camp Health Center to take their medication. If you are concerned about this, please talk to the adult counselor who will be with your child and ask them to help.
- ⇒ **If my child is sick, will they be sent home or to the doctor?** Our camp health professional will make a recommendation to the adult counselor and will attempt to call the parent. If the camper has fever, or is contagious, they cannot stay at camp. Please do not send your child to camp if they are sick.
- ⇒ **What about head lice?** Please do not send your child to camp if they have head lice. They will be sent home if head lice are found. Some church groups will check the campers before they arrive at camp to avoid problems later. If head lice are found at camp, we must immediately isolate the camper and their belongings as it is highly contagious. We will treat the bed and area to keep it from spreading further. This will be done with sensitivity and respect to the campers.
- ⇒ **Can I send my child's medication in a pill box organizer separated by days?** No. Each medication must be in the original container with the camper's name and dosage instructions.
- ⇒ **What if I cannot find my child's immunization record?** We need to know if the immunizations are up-to-date. We do not have to have the exact dates if you do not know.
- ⇒ **My child is a diabetic. Can he/she keep their insulin?** The Health Center has a refrigerator and can keep the insulin for each camper. The camper may monitor and administer their own insulin as they are used to doing. Any kind of emergency insulin may stay with the camper.

**Note:** Many health problems at camp are caused from too much sun and not enough water. Please make your child aware of the importance of sunscreen and keeping hydrated.