

# CAMP LONGHORN – MEDICATION SAFETY



*Medication safety is a priority at Camp Longhorn. We put a lot of time and energy into training our Pit Stop staff to provide the highest level of care possible when it comes to storing, administering, and overseeing medications. We've put together this guide to help you know what to expect when it comes to your camper's medications. If you have additional questions or concerns about your camper's medical care, please email the Pit Stop.*

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- **How do I tell you about my camper's medical needs?**

The most important place to communicate your camper's needs are in CampDoc. **The medical forms are due April 1<sup>st</sup>.** Failure to complete these by the deadline may impact your child's ability to participate in camp activities. We understand that there may be changes or updates to medications or medical records between now and camp; any additions or corrections after April 1<sup>st</sup> should be emailed to the Pit Stop director as soon as possible.

- **All immunization records must be updated yearly and are due April 1st.** Campers that are currently in 7<sup>th</sup> grade or above must show proof of Tdap and meningococcal (MCV) vaccines. These are commonly given at 11 or 12 years of age and required to attend 7<sup>th</sup> grade.
- **Where can my camper keep their medications?**

To protect the safety of our campers, ALL medications (both prescription and over-the-counter) must be kept in the Pit Stop, no exceptions. This applies to campers and counselors. No medications, including prescription creams/lotions, may be kept in cabins or trunks.

- **What medications should my camper bring?**

You should send any medications that your camper needs daily. **Please leave all medications not taken on a scheduled, daily basis at home.** Our Pit Stops are fully stocked with over-the-counter medications that can be administered to your camper on an as-needed basis. Any over-the-counter medications that your camper intends to take daily must be entered into CampDoc, packaged in the original container, and given directly to the bus counselor or Pit Stop on Invasion Day. Please make sure you send an adequate supply of medications to complete the term. Separate supplies of medications must be sent for each camper; siblings cannot share.

- **What if my camper gets sick and needs prescription medications?**

If the camp doctor determines that your camper needs a prescription medication, you will be notified by the Pit Stop. A prescription will be sent to the local pharmacy and there is typically a 24-hour turnaround time to get the medication (it may be slightly longer over a weekend). Luckily, we keep a stock of many frequently used prescription medications in the Pit Stop and are often able to start treatment right away.

- **When are medications given out?**

Medications are given out at mealtimes. Very few exceptions will be made for time sensitive medications that are required to be given at bedtime. The vast majority of medications can be given after dinner if evening doses are required. Note that **we will only give out essential prescription medications the morning of V-Day.** If your camper takes an over-the-counter medication daily at breakfast, you are welcome to give it to them when you pick them up.

- Any medications not entered (or entered incorrectly) in CampDoc will NOT be given until you have properly updated CampDoc. The Pit Stop staff will communicate with you by phone or email if there are any discrepancies between the medication list entered in CampDoc and what has been sent in with your camper.

Please make your camper aware that they will need to come to Pit Stop at their scheduled times to receive their medication. Failure to present to Pit Stop for their medications results in campers being pulled from activities to be given missed medications.

- How should I pack my camper's medicines?

Make sure you **keep all medications in their original containers**. This is a state regulation and there will be no exceptions to this rule. Loose pills in plastic bags or pill sorters will not be given. All medication containers should be placed in a resealable plastic bag, labeled with the camper's name and camp. Medications will be given to a counselor when your camper gets on the bus or directly to Pit Stop staff if arriving by car.

- Anything else important about medications?

Also, per state regulations, we **cannot** administer medications that are:

- expired.
- prescribed to other people.
- compounded or mixed at home. We can only administer medicines that have been compounded or mixed by a pharmacy. Our nurses at camp are also unable to mix or compound medicines together. If you need this, work with your pharmacy ahead of time to bring premixed medicine with you.
- broken in half (unless explicitly prescribed this way). We cannot administer medicines that are cut or broken into smaller doses than prescribed.

Regulations require us to follow the directions on all medication labels unless we have a note from a physician authorizing something different. For example, if a bottle says it is for adult use only or you request a higher dose of a medication than listed on the bottle, we cannot administer it to your camper without written instructions from your child's physician. Please note that this is often a problem with melatonin.

- What about vitamins, supplements, and essential oils?

Due to the large number of medications already tracked and given out, **we do not administer vitamins, supplements, or essential oils to campers**. Your camper will have 3 healthy meals a day and these medications are not needed. Please do not send them in your camper's trunk. Unnecessary medications create long lines during medication administration times, which can impact your camper's participation in activities.

- What about CBD?

We do not administer CBD in any form to campers.

- What about melatonin?

You can send it, but two important things to note. Your camper will be very active all day, every day, so the likelihood of he/she is needing something to help them fall asleep is low. In addition, by law we must follow the dosage directions on all medicine labels (including melatonin), unless we have a doctor's note stating otherwise.

- How do I get my camper's medications back?

On V-Day, medications will be returned to each camper's trunk or laundry bags and, on occasion, handed directly to parents.