

Camp ASCCA Medication & Check-in Information

****For a camper to be admitted to camp, the following must occur:****

1. Medications must be blister packed.
2. Camper Medical Authorization form must be turned in prior to OR at check-in
(2 pages: one signed by parents & one by physician)

Tips and helpful information:

- **If a camper has a temperature of or above 100.4 degrees Fahrenheit (we will check temp 3x) will not be admitted to camp.**
- **A camper with open wounds will not be admitted to camp.** Exceptions may be made by the Health Services Director (Abbey) after speaking with parents AND the camper's Doctor.
- **If the camper has been hospitalized within 10 days prior to coming to camp,** call or email me abbey@campascca.org
- **We can only give meds according to the Doctor's written orders** (the prescription label is a written order). **This could result in the camper not being admitted.**
- **Vitamins/Supplements/OTC: We strongly discourage unnecessary vitamins and supplements during the 5 days of camp.** We understand routine is important, but the amount of medications our nurses are handling is already large & safety is our biggest concern.
- **We are asking that you have your doctor write a prescription for the absolutely necessary OTCs.** Many campers take OTCs (over-the-counter) medications such as essential vitamins, allergy medications, stool softeners, sleep aids, and food supplements. A doctor's order allows a pharmacist to blister pack these meds as well. Please email me abbey@campascca.org with questions. ****Please note that we have a supply of many OTC medications such as Tylenol (adult & childrens), Ibuprofen(adult and childrens), TUMS, benadryl, and Pepto Bismol. If your camper only takes these occasionally, we are happy to give it from our supply as needed.**
- **Liquid Medications, Medical creams, ointments, and any other medications that cannot be blister packed need to have prescriptions from a doctor.** The camper name must be on the product or a doctor's note stating product name, dosing, application, etc. If you do not have this information, please do not bring it to camp.
- **If your medications have changed** since you applied, **please email me as close to your camper's session as possible** abbey@campascca.com

Blister Packing Tips:

I understand that many people are having hiccups with this due to insurance, amount of dispensed meds at one time, pharmacy issues, etc. There are a few options that we ask you to look into that other parents have found helpful and easy:

- Reach out to a small local or compound pharmacy--most parents are finding success with compound pharmacies
- Purchase your own blister pack online or in-stores. You will take the blister pack to your pharmacy and they can pack it for you (you take your current medication bottles to the pharmacy OR have them do it for you when getting a new prescription filled when it's close to or around your camp session). The pharmacist or pharmacy tech will then print the labels for each medication and stick it to the packed blister pack. Many will do this for free & some charge a small fee.
- **Here are some links to blister packs the we found work the best:**
 - [Monthly Cold Seal Blister Pack](#) (click link).
 - We ask that you fill 1 card with all AM meds & 1 card with all PM (bedtime/8pm) meds.
 - If the camper takes meds during other times of the day (lunch, snack, or dinner) these can be put in another card and labeled time to be given accordingly.
 - [4x a Day Weekly Cold Seal Blister Pack](#) (click link).
 - We have found that these cards are best and easiest for everyone.
 - If the camper takes so many meds that more than one bubble must be used to hold all pills, your pharmacist can use a permanent marker to label it so that it is clear to the ASCCA nurse what medications are to be given at what time.

We give medications 5 different times during the day at Camp ASCCA.

Times are as follows:

- **BREAKFAST** (between 7:00am-8am)
 - **LUNCH** (12pm/Noon)
 - **SNACK** (2:30-3pm)
 - **DINNER** (5:30pm-6pm)
 - **BEDTIME** (7:30-8:30pm)
- *Please reach out to me, the Health Services Director, at any time. I will be happy to help you troubleshoot and answer any questions you may have. Email me abbey@campascca.org*

(Camp ASCCA 2022)