

Children's Health

Medication Safety Tips For Camp

(NAPSA)—The National Camp Association says that more than six million children will head to summer camp this year. In addition to raingear and swimsuits more parents than ever before may be packing prescription medications for their kids.

According to pharmacy benefit manager Medco Health Solutions, more than half of children are taking prescription drugs; the most common are medications for asthma, allergies, behavioral disorders and infections.

“Any credible camp will have its own prescription drug policy,” said Becky Nagle, a pharmacist and senior director of clinical practice and education at Medco. “It’s important that parents do their homework to understand who is responsible for their child’s medication needs, and who the members of the camp’s health care team are.”

Nagle offers the following general tips to parents whose children may be required to take medications while attending camp:

• **Know Before You Go:**

Learn about the camp medical staff, its on-site medical facilities, and where the closest hospital is. Make the camp administration aware of any conditions your child has and any medications your child is on.

• **Know Who’s in Charge:**

Make sure you know who is in charge of your child’s medications, and who is legally allowed to or prohibited from administering them, whether it is nurse, doctor, counselor or camp coordinator.

• **Medic Alert Bracelets:** If warranted, purchase a medic alert bracelet or identification for your child.

• **Push the Paper:** Submit all necessary paperwork regarding



A little extra preparation is called for if children need prescription medications while at camp.

your child’s health care, including physical forms, consent forms, standing administration orders and a list of all of your child’s medications, as well as contact numbers for you, your child’s pediatrician and your pharmacist.

• **Retain Original Containers:** All medications that are sent to camp for your child should be in the original containers with original labels.

• **Make a Medication List:** Make a list of all prescription and over-the-counter medications your child takes. Keep a copy for yourself, give one to your child, and make sure the medical staff and counselors at the camp have copies as well.

Take the time to explain to your child what medications he’s taking and why he’s taking them. Make sure the child knows whom to see immediately if she begins to experience any reactions. And always make sure your child knows that it is never okay to share medications with another camper.

For more information, please log onto Medco.com.