

# CAMP ECHO

Dear Parents,

As Nurses and Physicians at the Camp Echo Health Center, it is our joy and privilege to take care of your children for the weeks they are at camp. We understand that you are entrusting your child's health, safety and wellbeing to us, and we take this responsibility very seriously. In our ongoing commitment to meet the needs of our campers with the highest safety standards, we will continue to work with an excellent pre-packaging medication program called *CampMeds*. *CampMeds* has been servicing the camping industry for the past 10 years, providing the convenient service of dispensing, individually packaging and shipping medications directly to summer camps. Our policy and procedure for dispensing and administering medication requires camp families to have all of their child's daily medicine dispensed by *CampMeds*, arranged prior to your child's arrival.

**These policies require 100% compliance by all families of children who take any daily prescription and OTC medication in pill form.**

According to the New York State Board of Nursing, "Registered Nurses are not authorized to dispense medications in New York State. By definition, dispensing is a multiphase process. It includes compounding, packaging, or labeling a substance and delivering the substance (medication) to the patient."

This process is done for Camp Echo by *CampMeds*.

Here is what you need to know-

- All daily prescription and OTC medication in pill form must go through *CampMeds*. (ie; OTC allergy medicine such as Zyrtec, prescription medication such as Vyvanse....)
- Please register with *CampMeds* in a timely manner so that your child will have the medication they require by the first day of camp.
- The only acceptable deviation from this policy is if *CampMeds* does not accept your insurance. We will need confirmation from *CampMeds* if this is the case. Once this is determined we will give you the contact information of a local pharmacist that we use who can individually dose pack medication.
- The only medications allowed on the bus to camp are Epi-Pens, Inhalers, Insulin, and Growth Hormone. The doctors order for these medicines must be sent to camp 1 week prior to the start of camp. The prescription label attached to the medicine is not an order. Per NY state law, every prescription medicine must be accompanied by a separate written order. You can obtain an order from your doctors office or a get a copy from the pharmacy where it was filled. Please email the order to [healthcenter@campecho.com](mailto:healthcenter@campecho.com). If you do not receive a confirmation that we received it, please resend and call the health center. It is the parents responsibility, not the doctors, to ensure our health center has the order.
- If your son/daughter is on growth hormone and you are sending it on the bus, it must be packaged in an individual cooler. The cooler and all ice packs must be labeled with the campers name. If they are not labeled they will be thrown away.
- Any type of medication found in a campers luggage or in their possession will be confiscated and mailed home at the parents expense. If your child requires this medication (medical need), you will be required to immediately pick up your child and bring them home until such time as the prescription can be appropriately packaged for single dose administration by a licensed pharmacist.

- **Our Health Center does stock most over the counter items** such as Tylenol, Advil, and Benadryl, to name a few. If the need arises we will gladly provide these medications to your child after being seen by a nurse and/or doctor.
- **Over the counter vitamins and nutritional supplements** are not dispensed by our medical team as these are not FDA approved. They are kept in bins that are placed on the bunk's table in the dining hall. These should be mailed to camp a week prior to the beginning of camp to Camp Echo, ATTN Camp Mom, 210 Echo Rd, Bloominburg NY 12721. All vitamins and/or supplements must be clearly labeled with your child's name and bunk number. If you send vitamins or supplements in your son/daughters bag, they must also have your child's name and bunk number. To prevent confusion and a possible delay in your child receiving their vitamins, please send them to camp prior to camper arrival.
- **What does not need to go through CampMeds?** Accutane, liquid medications, nose sprays, eye/ear drops, lotions, growth hormone, insulin, Epi-Pens, injections, birth control pills, inhalers, as-needed medications, dissolvable medicines, and as needed Lactaid. A second rescue inhaler must be sent to camp for the health center to keep on hand. Although the above medicines do not need to be filled through CampMeds, they do have to be sent 1 week prior to camp, accompanied by a prescription (not the label) in the original container.
- **Medication at camp is dispensed during** mealtimes and bedtime. Medications will be dispensed at a different time only if medically necessary and a specific time is written on the prescription. You are responsible to check that your child's prescriptions are written exactly how and when the medication is to be given. The doctor must indicate "Brand Name Necessary" if that is what you need. If that is not indicated, a generic will be dispensed.
- **Breakfast, lunch and dinner medication is conveniently dispensed at** Echo Express, which sits adjacent to the dining hall. Night time medication requires your camper to come to the health center after evening activity accompanied by a counselor. The majority of medicine is dispensed at breakfast and dinner (6-7:30pm).
- **If your camper has difficulty taking medication** and needs special food/drink to swallow the medicine, please take the time now to work with her/him. Since we dispense so much medicine it is difficult to individualize each one. If you are still having difficulty a week prior to camp please email the health center at [healthcenter@campecho.com](mailto:healthcenter@campecho.com) so we can discuss a plan.
- If your camper does not take medication, you do not need to register with *CampMeds*.

As always, our primary goal is the health, well-being and safety of your child. We are looking forward to a happy and healthy summer. If you have any questions or concerns during the summer please feel free to call or email us at any time. ([healthcenter@campecho.com](mailto:healthcenter@campecho.com))

Sincerely,

**Your Camp Echo Health Center Staff**