



## MEDICATION POLICY

URJ rules forbid campers from keeping medicine in their own possession, except by special permission of the Camp Nurse and Camp Director. Otherwise, the Camp Nurse dispenses all medications. Emergency medications, such as EpiPens and inhalers, are kept in the cabins by staff, if required.

### \*\*\*IMPORTANT\*\*\*

For Parents of Campers who take Medications

If your camper takes regularly scheduled medication (prescription or non-prescription):

### PILLS

**BEFORE you arrive at camp: Prepare a “blister pack”** (see page 4 for instructions) containing all pills that your camper requires at each time of day.

*For example, if your camper takes three different pills at breakfast, you will place all three pills in a single pouch in the blister pack that are required at breakfast. If your camper takes one pill in the morning and two pills before bedtime, you will prepare two separate blister packs (one with the single pill for breakfast and the second with two pills per pouch for bedtime).*

- You will see that properly prepared and labeled blister packs are a simple way to ensure the right medications are given to campers at the correct time.
- Dispensing is easy and so is tracking. Information on where to purchase blister packs, what kind to purchase and how to label them are included below.



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### **\*\*\*IMPORTANT\*\*\***

#### **For Parents of Campers who take Medications**

If your camper takes regularly scheduled medication (prescription or non-prescription):

### **LIQUIDS, CREAMS/OINTMENTS/POWDERS**

When possible, please choose chewable or dissolvable versions of medications instead of liquids as liquids are challenging to store at camp.

- Bring any prescription to camp in their original containers (make sure each has a label with the camper's name, the name of the medication, and any dosage requirements on the packaging).
- Place each individual medication in an individual one-gallon Ziplock plastic bag and label it with
  - Your camper's name
  - Name of the medication
  - Time(s) it needs to be taken/applied on a daily basis.

Individual packaging will help us organize these medications to ensure they are given at the proper times and will allow us to separate regularly scheduled medications from those taken "as needed". If your camper takes a powder, please send the powder portioned out in labeled individual baggies (snack size or smaller).



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### **\*\*\*IMPORTANT\*\*\***

#### **For Parents of Campers who take Medications**

If your camper takes regularly scheduled medication (prescription or non-prescription):

### **SPECIAL CIRCUMSTANCES**

If your camper requires an injection at specific times, regularly uses an inhaler, regularly uses medication that requires special handling, has an Epi-Pen, etc., please contact us at the office to discuss this so we can make the necessary arrangements. Please label all inhalers with your camper's name directly on the inhaler, not just on the box.

### **AS NEEDED MEDICATION**

If your camper takes any prescription or non-prescription medications on an "as needed" basis, you will bring those medications to camp in their original containers (make sure each has a label with the camper's name, the name of the medication, and any dosage requirements on the packaging). This includes pills.

Place each individual "as needed" medication in an individual one-gallon Ziplock plastic bag and label it with your camper's name, the name of the medication, and write "AS NEEDED" on the bag. This will help us greatly as we organize medications keeping daily and "as needed" medications separate.



## HOW TO BLISTER PACK MEDICATION

**Step One:** Purchase a 31-day blister pack\* for each time of day your child takes medication (i.e., if your child takes medicine at breakfast and at bedtime, purchase two separate blister packs; if your child takes medicine at breakfast, lunch and bedtime, please purchase three separate blister packs).

**Step Two:** Label blister pack with the:

- Last Name, First Name of Camper
- Time of day for distribution (breakfast, lunch, dinner, bedtime)
- Name (s) of Medication for that time of the day

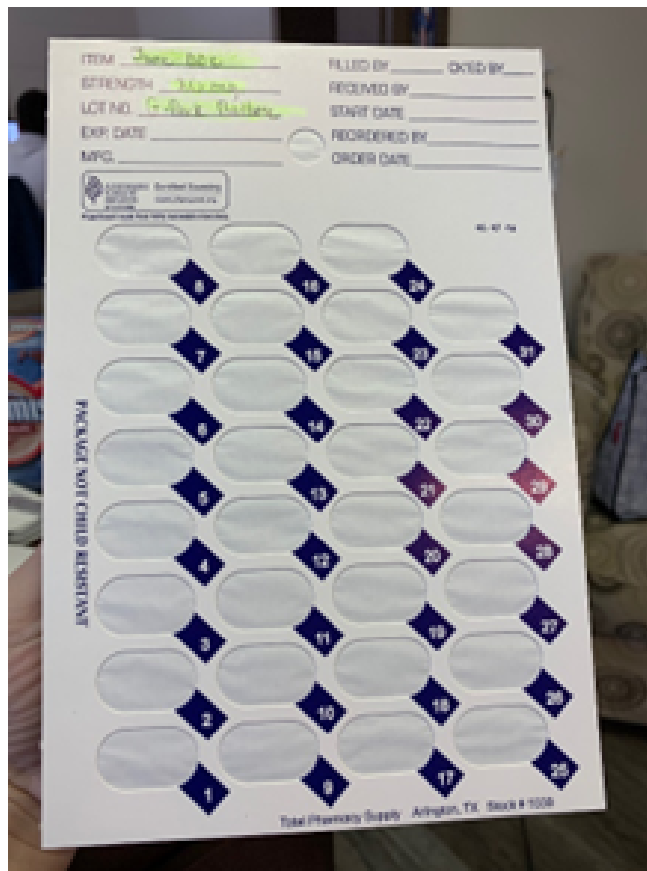
**Example:**

Nadel, Ilana

Breakfast

Zyrtec 10 mg

\*Please make note on the size of your camper's medication, and purchase the Extra-Large blister pack if needed.

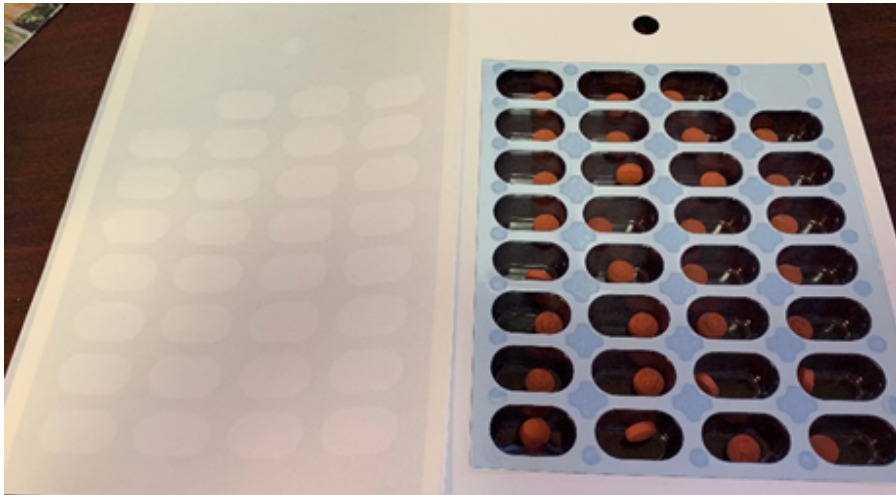




## HOW TO BLISTER PACK MEDICATION

**Step Three:** Place pills into each pack (enough for the full session)

*Please pack the medication using the numbers to correspond to the date your child is at camp (i.e., if your camper arrives on July 12, the date on the blister pack you should start with is number 12). Dinner and bedtime meds will start the first day your child is at camp. Breakfast and lunch meds will start the following day.*



**Step Four:** Pull back the adhesive





## HOW TO BLISTER PACK MEDICATION

**Step Five:** Press the two sides together



**Step Six:** Repeat for multiple meals or children (i.e., if Jane Doe takes medication at breakfast and at bedtime, she would need one blisterpack labeled for breakfast and one labeled for bedtime).

**Please note:** If camp is required to blister pack or otherwise organize your camper's medication on opening day, you will be charged a \$100 processing and handling fee.



## ADDITIONAL INFORMATION + FAQ

The camp Infirmary stocks a wide variety of over-the-counter medications that campers and staff might typically require for minor aches, pains, rashes, fevers, etc. Unless your child needs something specific, there is no need to send Advil, Tylenol, Benadryl, etc.

If you have any questions not covered below, please email [guciiinfirmary@urj.org](mailto:guciiinfirmary@urj.org).

### Frequently Asked Questions

#### **What if we do not have enough of a specific medication to package and prepare a full session's worth of medication for our camper?**

*Our preference is that you work with your physicians and insurance to obtain any authorizations to fill a full session's worth of prescription medications for your camper before camp starts. Many insurance companies will authorize a refill if they know a person's prescription will run out on a long vacation, for example.*

*We require that you provide camp with at least seven (7) days' worth of any prescription medication for your child on or before opening day.*

If you have more than seven (7) days' worth of a prescription medication, but not a full sessions' worth, prepare what you have as directed above. Immediately upon refilling the prescription for that medication, you will need to prepare the packaging as described above and then either overnight it to camp or deliver it to our Security Gate. If you overnight medication to us, please send us an email at [guci@urj.org](mailto:guci@urj.org) advising us that you have sent them. We will confirm receipt.

#### **Medications sent to camp should be addressed:**

Goldman Union Camp Institute  
ATTN Infirmary  
9349 Moore Road  
Zionsville, IN 46077



## FAQ

### **Why do we have to use blister packs for daily pills but not “as needed” pills?**

*With approximately 400 people living on camp at any one time, there are many people taking medications at breakfast, lunch, dinner and before bedtime. Blister packing pills makes organizing and dispensing a large number of medications in a short time possible and greatly reduces the risk of error when compared to preparing individual doses. Preparation of individual doses out of pill bottles for a large number of people is extremely time consuming.*

*Pills taken on an “as needed” basis are stored separately from daily medications and are typically used infrequently. These medications can easily be prepared for a camper at the time of need.*

### **Why do I need to send chewable or dissolvable medications instead of liquids?**

Liquid medications are more challenging to store as well as dispense. With hundreds of people taking medications throughout the day, we want to serve each person as quickly and efficiently as possible.

### **Do I need to send commonly used medications for headaches, allergies, cold and flu, etc. with my camper?**

No. GUCI stocks the infirmary with a number of commonly used over-the-counter medications that can be given to campers as needed by our doctor or nurses. See below for a list of commonly used over-the-counter medications that you do not need to send with your camper.





## FAQ

### **How do you ensure that my camper gets medication when needed?**

*We review our medication dispensing procedures with all campers on the first day of camp and we show them where they can get their daily medications. Our nurses and doctors have a list of all campers taking daily medications at breakfast, lunch, dinner or at bedtime. We track when each camper takes their medications. If a camper does not pick up their medication for any reason, unit heads and counselors are immediately notified, and the camper is discretely escorted to pick up their medication.*

### **What happens if we do not comply with the medication packaging requirements?**

*If camp is required to blister pack or otherwise organize your camper's medication on opening day, you will be charged a \$100 processing and handling fee.*