



## DIRECTIONS FOR PARENTS WHO CHOOSE TO PREPACKGE MEDICATIONS

**IMPORTANT NOTE:** The ONLY acceptable blister packs are by Memory Pac and called “6 Refill Cards for Weekly or Monthly for Cold Seal Blister Pack System (Monthly-Large)”. These are available at [tinyurl.com/blisterpack](http://tinyurl.com/blisterpack)

*Please note that as a licensed Colorado Childcare facility, oral vitamins and dietary supplements are regulated like scheduled medications and may only be given to children with an accompanying prescription or written note from a licensed doctor or nurse practitioner. Throughout this document when we say “medication”, know that we are also talking about oral vitamins and supplements.*

See Steps #1-7 for Blister Pack Assembly  
Skip to Step #8 for As Needed Medication Instructions  
See Step #9 for Options to Deliver Blister Packs to Camp

**Step 1:** Open the packaging. You will find six (6) blister packs and six (6) sheets. You will need one (1) sheet and one (1) blister pack for each time and each medication\* that your child takes.

- \*If your child takes 1 morning medication only, you will need 1 blister pack + 1 sheet for the month;
- \*If your child takes 1 morning + 1 evening medication, you will need 2 blister packs + 2 sheets;
- \*If your child takes 2 or more morning medications, you will need 1 blister pack + 1 sheet for *each medication that your child takes*;
- \* and so on...

**Step 2:** Once you have the amount of blister packs ready, label the top of each sheet with the correlating time that the medication is given: MORNING or EVENING. “MORNING” includes any medication taken before or while eating breakfast; “EVENING” includes any medication taken during or after dinner.

**Step 3:** Note that the sheet has numbers from 1-31, corresponding to the dates of the month. **\*\*Make sure the blister pack is upright – the three (3) notches should be at the bottom of both the sheet and blister pack\*\*** Start filling each blister pack from the first date\* your child will be at camp and complete filling until the last day your child is at camp.

- \*For **JOLI I, 1AB**, and **1A** start filling the blister pack at #18. Once you reach #30 (indicating June 30<sup>th</sup>), skip #31 and continue filling the pack from #1 until either #2 (indicating July 2<sup>nd</sup> & end 1A) or #15 (indicating July 15<sup>th</sup> & end JOLI I, 1AB);
- \*For **1B**, start filling the blister pack at #2 (indicating July 2<sup>nd</sup>) and continue filling the pack until #15 (indicating July 15<sup>th</sup> & end 1B);
- \*For **JOLI II, 2AB**, and **2A** start filling the blister pack at #18 and continue filling the pack until either #31 (indicating July 31<sup>st</sup> & end 2A) or #14 (indicating August 14<sup>th</sup> & end JOLI II, 2AB);
- \*For **2B**, start filling the blister pack at #31 (indicating July 31<sup>st</sup>) and continue filling the pack until #14 (indicating August 14<sup>th</sup> & end 2B)

**Step 4:** Once you have finished filling the slots with one (1) dose per day and check that they are correctly filled, carefully remove the sticker on the sheet.

**Step 5:** Carefully line up the notches at the bottom of the sheet with those at the bottom of the blister pack and stick together. **\*\*Be meticulous to avoid error or spillage. \*\***

**Step 6:** In addition to the “MORNING” or “EVENING” label stating when the medication is given, please add a label with the following information about your child:

Last Name, First Name:  
Date of Birth:  
Edah (or grade they are entering):  
Medication in that particular blister package:  
Allergies:

**Step 7:** Put the assembled blister packages in a ziploc bag along with the ORIGINAL BOTTLES WITH PRESCRIPTION LABEL(S) and WITH ANY ADDITIONAL PILLS LEFT IN EACH CORRELATING BOTTLE. Failure to do this will result in the inability of the infirmary to dispense the medication(s) as it is a liability for camp and a safety risk for your child.

**Step 8: As Needed Medication Instructions**

If your child takes PRN or “as needed” medication frequently, please speak with your doctor to see if this can be scheduled during your child’s time at camp. A common example of this situation would be a melatonin supplement for the evening/bedtime. Making this simple change greatly impacts our administration procedures as PRN medications are not dispensed with other medications in the dining hall. Rather, they require campers to walk to the infirmary to take their medications.

For campers taking PRN medications who cannot have them changed to a regularly scheduled medication, we are able to keep these in the infirmary. They are available during sick-call after breakfast and after lunch on as-needed basis. These medications must also arrive in sealed containers with a medical note from a licensed doctor.

Our infirmary stocks a wide assortment of commonly used medications and these are available as needed during sick call. These medications include: acetaminophen, ibuprofen, diphenhydramine, cetirizine, loratadine, calcium carbonate (Tums), and loperamide.

**Step 9: Options for Delivering Blister Packs to Camp**

Option 1: Mail blister packed and Ziploc bagged medications to camp. Mailed medications should arrive at camp up to 10 days before your child’s session start date; packages may be addressed to Camp Nurse. Given the remote location of camp and its distance from our post office, 2-day delivery is the fastest possible service. If you are unsure that your child’s medications will arrive before the start of camp, please choose an alternative method.

Option 2: Send blister packed and Ziploc bagged medications to camp with your child. There will be a designated staff member at the shuttle pick up locations to receive medications and deliver them to our mirpa’ah staff for intake.