



Medication and Vitamin Policy at Ramah in the Rockies

As a licensed Colorado childcare facility, we must keep all oral vitamins and medications locked in the infirmary and may only administer them by trained camp staff. A signed medical note from a licensed doctor or nurse practitioner is required for medications and vitamins to be given to campers. **A parent note is not acceptable.**

1. Campers may not keep any oral medications or vitamins with them in their bags. (Yes, even a chewable multi-vitamin may only be administered by trained staff member and must have a signed medical note.)
2. We may only administer oral vitamins and medications that are pre-packed in daily packages.
3. We can administer oral vitamins and medications in the morning (at breakfast) and at dinner (two hours before campers get ready for bed). On rare occasions, we can also administer bedtime medications, if they absolutely cannot be given at dinner.
4. For campers on PRN medications, we keep these in the infirmary and they are available during sick-call after breakfast and lunch on an as-needed basis. These, too, must arrive in sealed containers with a medical note from a licensed doctor. If your child takes an as-needed medication frequently, please speak with your doctor to see if this can be scheduled during their time at camp. A common example would be melatonin supplement for the evening/bedtime. It greatly simplifies our administration procedures by making this simple change. Additionally, our infirmary stocks a wide assortment of commonly used medications including: acetaminophen, ibuprofen, diphenhydramine, cetirizine, loratadine, calcium carbonate (Tums), and loperamide. If your child takes any of these as PRNs, please do not send them to camp.
5. Topical creams and inhalers may be brought to camp with a medical note, shown to the nurse at check in, and then remain in the possession of the camper. Extra topical creams and inhalers may be kept in the infirmary.

To comply with Ramah Policy and Colorado Child Care licensing, campers who take medication or vitamins must do one of the following:

OPTION I

Pre-fill all medications and vitamins at a licensed pharmacy that will individually package the medications into daily packages that are sealed and labeled for each day that the camper will be at Ramah in the Rockies. Vitamins and medications may be pre-packaged at some local pharmacies. National chains like Pillpack.com, packmyrx.com, and The Vitamin Shoppe also provide services. NOTE: THERE IS OFTEN A MINIMUM LEAD TIME OF TWO WEEKS TO FILL PRESCRIPTIONS THIS WAY, SO PLEASE PLAN AHEAD. Campers will bring the sealed and labeled packages with them to the infirmary on opening day and check them into the infirmary.

OPTION II

Parent may prepackage medications and vitamins in individual blister packs. If you choose this system, you must follow the directions as laid out [here](#) AND also demonstrated [in this video](#). NOTE: AMAZON REQUIRES ONE WEEK TO SHIP THESE BLISTER PACKS, SO PLEASE PLAN AHEAD.

Campers who arrive at camp needing to take oral medications or vitamins, and who have not complied with the policies stated above, will have a \$175 charge added to their account. There will be no exceptions to this so PLEASE PLAN AHEAD!

We understand that these policies place an additional burden on families sending their children to Ramah in the Rockies. We also know that in Colorado, the burden for medical administration is extremely bureaucratic on the childcare facility. We follow these rules in order to remain a licensed facility and appreciate your compliance as well.