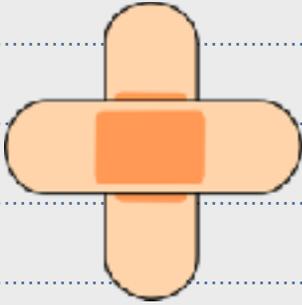


MEDICATION POLICY

Important Things You Should Know About Camp La Junta Infirmary Procedures



We will call you if:

- * Your son sees the doctor or dentist
- * A new Rx or refill is needed
- * Your son spends the night or more than 12 hours in our Infirmary for care
- * If we have a question about his medication

You may call us:

- * Anytime you have a question for the office or a nurse
- * Mon.-Sat. 9 a.m. - 7 p.m.
- * Sundays 10 a.m. - 7 p.m.

(830) 238-4621

Medical & Emergency Care

The CLJ Infirmary is staffed 24/7 with licensed medical staff who look after the boys' needs at camp. We also have a local pediatrician, who makes weekly "house calls" and works our campers into his office schedule as needed. In Kerrville, Peterson Regional Medical Center and Urgent Care Center provide us emergency and after-hours care. All of this provides our campers with excellent medical care from runny noses, bumps and bruises to broken arms, and then some.

Primarily, we use a Kerrville pharmacy - The Medicine Stop - for prescriptions our doctor calls in for the boys. They give us outstanding personal, speedy service and accept almost all insurance companies and drug coverage. We also have a local HEB Pharmacy, CVS and a Walgreens if that is your pharmacy back home and a refill is needed.

We are very blessed in the Hill Country to have such fine resources for campers and staff.

Medications Brought to Camp

For the safety of all campers in a group living environment, and in compliance with our state health licensing, all medication - prescription as well as over-the-counter - **must be packed in original OTC or pharmacy packaging** and taken to the Infirmary on arrival and kept there. Medical staff will administer it at meals and before bedtime, as indicated on the packaging.

Please observe these guidelines:

Over-the-Counter Meds/Supplements

* **Only bring necessary, daily medication and supplements.** Leave "as needed" meds (such as Tylenol, Sudafed, allergy meds) at home unless you think he may need to start something routinely, such as allergy medication. We have plenty stocked, free of charge.

* **Do not bring anything in liquid form.** Please opt for chewable tablets

(Packing Meds for Camp cont.)

Insurance & Billing

You will need to give us your insurance information, including drug coverage, when you complete your son's online Health Form, found in CampInTouch. This is needed to pass on to any health providers your son sees off site, *including needed prescriptions*. You will be billed directly for visits to a doctor's office or another care center.

However, our doctor does make weekly "house calls" to camp for routine illness, and these charges will not be filed. These visits, instead, will be put on your camp account at \$50 per visit. Visits to his office WILL be filed for you, by his office staff.

To help with your deductible and addition expenses, we provide a secondary insurance to cover amounts up to \$2500 for accidents or serious illness.

We strive to keep everyone healthy and happy and hope your camper will never need this assistance.



Pill Pack Tear-off Strip Packaging

if your son can not swallow one. Liquids are much more difficult to administer and track.

***Place all his medication, in its original package, in a ziplock baggie with his full name on it,** and deliver it to the nurses (or bus chaperone) on Opening Day.

***Make sure all daily medication and/or suppliments are noted** (updated) on his online Health Form in your CampInTouch account before arrival - accurate a week before camp.

Prescriptions (other than those below)

Follow the same guidelines above (for OTC meds), plus:

***Make sure the medication is in its original prescription packaging/ bottle** with your son's name, pharmacy, doctor and dosage information matching the information you have entered on his online Health Form.

Controlled (Schedule 2) Medications

For safe and accurate dosing, follow all of the above, plus:

***Please ask your pharmacy, or find another local pharmacy, to package your son's medication in an individual dosing system,** such as a bubble pack (below, right) or strip pack (left). This MUST be done by the pharmacy - not you (no plastic pill boxes, etc). We can, by license, only dispense Rx medication that has been specifically packaged for your son by a licensed pharmacy.

***If you can not find one in your town,** Kerrville's Medicine Stop can provide this service. Call them at (830) 896-7440 for details. We can pick it up for you and have it ready before camp. Or use PillPack.com for convenient strip packs.

Bubble Pack Example



Because of the refill procedures and insurance, it is important that you start this process with your pharmacy now, or at least 2 months out, to assure that he arrives at camp with properly packaged medication.

Please let us know if you have any questions about this important part of preparing for camp!

HEALTH & TREATMENT

Infirmary 101: Preparing Your Son and Yourself for the Summer

Before Arrival to Camp

- **Make a final review of your son's Health Form online and prepare his medications (packaging per our instructions above).** Make sure the meds he's bringing are specifically listed and administration times and dosages are correct. We give meds after meals and at bedtime.
- Allergens are higher at camp because the boys are basically always outdoors (even in their cabins). If he has allergic tendencies, please bring his allergy meds.
- **Do a basic health assessment at home 1 week prior to camp** - checking specifically for head lice, rashes, Swimmer's Ear, infected sores, sore throat, and fever - so you can get him treated and healthy before heading to camp.
- **Do another check the day prior camp to be sure he is healthy.** Contact us and keep him home for a day or so if you find anything contagious, if he's feverish, or if he feels unwell. Or consider a delayed drop off even if a close sibling or friend has recently come down with something like a stomach bug or strep throat. Illness can spread through camp like wildfire, and we'd like to start with a healthy bunch.
- Update us by phone of any last-minute health or medication changes.

Coaching Your Son on Wellness

Summer camp is a time for learning independence, and part of that is teaching your child to take some amount of care for his physical well-being. Please take some time to teach your camper the importance of hygiene and paying attention to sores, rashes, and insect bites that aren't healing properly. For example, try to teach him what is natural healing of scratches and mosquito bites and what is not normal on the skin - and that washing with soap and water can prevent infection. Remind him about brushing his teeth and using sunscreen (show him how to apply) and chapstick.

Stress to him the importance of cleaning his body during nightly showers and taking inventory of things that don't seem right to tell a counselor or nurse about. Counselors have a busy job with a cabin of 12-14 busy boys; and, with their personal privacy training and restrictions by state health law, they can often overlook rashes and unhealthy wounds or sores, particularly under clothing. It is important that your son informs a staff member of ticks, unusual wounds or rashes in private body areas and places that aren't readily seen.

In addition, your camper should be coached to communicate with our professional Infirmary staff, and let them know when they have something unusual with their health - such as digestive/bathroom problems or other sensitive issues. If he is uncomfortable with a nurse, she can arrange a doctor's visit instead.

Let him know that healthy eating is important to enjoying his camp experience and that bathroom breaks are essential. Group living and sharing a bathroom is a big adjustment for many but counselors are there to ensure some decorum and privacy, and the professional nursing staff can provide even more privacy and parental help at the Infirmary.

General things to cover: showering, brushing teeth, applying sunscreen, using chapstick, checking for rashes and ticks, washing scratches with soap and water, washing hands often (especially before eating), wearing shoes and keeping feet clean and dry (socks), not sharing water bottles or hair brushes with friends, drinking lots of water, using the bathroom daily, telling a counselor discretely if he wets the bed, going to the Infirmary if anything is not healing well, or if he feels unwell, taking his daily medication when prompted by our staff (not waiting for us to track him down). Older boys should be reminded to particularly wash and dry underarms (bring anti-perspirant), keep feet clean and dry (to avoid Athlete's Foot), and maintain good groin hygiene (consider bringing powder for jock itch).

Advocacy

Of course, we do not expect all boys to be able to self-monitor completely. Boys are boys, and are often so busy, that they can be personally unaware of their bodies. We adults must work together to catch as much as possible. Even from a distance, you can advocate for them by alerting us to problems they write home about or unusual things you notice in their photos. Please be aware, however, that these two "windows" into camp are most often not a clear picture of what's going on. Indian Lore body paint can often be misconstrued as a sunburn or rash; and a letter home about a "broken ankle" is most likely a twisted one. So don't panic - we will always call you if your son needs a trip to the doctor or hospital. But if you notice an unusual rash on your son's face - and know that he is particularly prone to Impetigo, for example - please call us to let us know.

Trust

You are a great parent! You have taken great care of your son, and taught him to care for his general well-being. You have given him the gift of a seasoned camp with trained and caring adults, who will look after him to the best of their abilities. We have nursing staff on the property, a pediatrician in Kerrville who visits weekly and sees our boys anytime necessary, and a state-of-the-art hospital minutes away. Now it's time to trust that all of us can work together to provide your son a healthy experience. Enjoy the photos, the emails from us, the news posted in CampInTouch and the letters your child writes home; embrace the independence and growth he will receive from this time away from you. Look at the big picture of camp and don't sweat the "small stuff." Refrain from writing letters about his eating or applying sunscreen or brushing his teeth. Try not to panic if you see chapped lips in a photo. Try not to call our nurses daily to check on his recovery from Swimmer's Ear. Be assured that we will administer all daily meds that your doctor or ours prescribes. Although our nurses cannot be everywhere and see everything, we will catch as much as we can and give him the best of care.

With that said, please understand that "stuff happens." With boys in particular, "stuff happens." He might get Swimmer's Ear, despite the drops we give him. He might fall and break his arm playing Angleball. He might get a sunburn despite many reminders to apply sunscreen. Or he might get a little constipated from not drinking enough water, spend a night in the Infirmary with a fever, or catch a stomach virus that runs through camp. This is a part of life, even at camp - try not to let it keep you up at night. He may not have the benefit of your daily parenting, but he will have a tremendous independence and self-discovery experience in a healthy environment of caring professionals.

We will communicate the most important things to you: if your son spends over 12 hours in the Infirmary for illness, if he is seen by a doctor, if he is started on additional medication by our doctor, if we feel he is not recovering from some treatment or responding well to meds our doctor starts, or even if we feel his behavior or homesickness needs some attention from you. We are all in this parenting together and want you to know we are here to do the best for your son.

CAMP LA JUNTA * PO BOX 139, HUNT, TX 78024 * (830) 238-4621