

## IMPORTANT NOTE FROM ADIRONDACK CAMP HEALTH STAFF

Dear Parents,

Adirondack Camp Infirmary policies allow our nurses to administer health care to your children in the most safe and effective manner in compliance with the latest New York State regulations. We appreciate your help and support by completing the enclosed forms in a thorough and timely manner.

FORMS- There are two main health forms- The Medical/Physical Form and the Non-Prescription Medications Form. **A parent AND physician signature are required on both forms.** These forms are only valid when accompanied by a copy, front and back, of your most recent insurance card. All forms and copies are due back to camp **by May 1<sup>st</sup>**.

### MEDICATIONS

- Your child **MUST** turn in all medications to the Camp nurse upon arrival. **NO** medications may remain in the cabins or in the possession of a camper.
- Children with Epi Pens will be allowed to carry these if you prefer and if they have the proper means to carry them. These arrangements can be made upon arrival.
- If your child is receiving any medications, vitamins or supplements, they must be listed with dose and frequency information on the Medical/Physical Form. The Camp nurse will not be able to administer any medications that are not listed on that form.
- All prescription medications must come in an original pharmacy container, with the original label, which cannot be altered in any way. Please ask your pharmacist for an additional bottle with a label that can be used to send medications on trips.
- Please send an adequate supply of prescription medication to cover the period of time your child will be at Camp.
- If your child uses an inhaler, even on an “as needed” basis, please send it. We prefer to keep these in the Infirmary so that we are aware of when and how often the child requires it. Even children who have not used their inhaler in some time can exhibit symptoms in a different environment. Please refer to the inhaler form for further information.
- A list of over the counter medications stocked in our Infirmary is included, and must be signed by both a parent and a physician in order for the nurses to legally administer any non-prescription drugs to your camper.
- **International Campers-** please be sure **all** medications are labeled in English. If this is not possible, arrangements can be made to have the prescriptions filled at our local pharmacy.

Thank you very much. We look forward to sharing a wonderful, safe and healthy summer with your children. Please do not hesitate to contact us with questions or concerns. The direct phone line to the Infirmary from June 25<sup>th</sup> -August 19<sup>th</sup> is (518) 547-8424.

Sincerely,

The Camp Health Staff