

From Cape Elizabeth Middle School

# CHEWONKI MEDICATIONS

Cape Elizabeth 8th grade families,

If you are sending medications with your child to Chewonki, a parent/legal guardian should deliver them to the middle school nurse's office by **May 9th, one week before the trip.** Please be respectful of this deadline. This will allow adequate time to organize and reconcile any issues and for communication with nursing staff at Chewonki. **Medications will not be accepted the day of departure.**

## Chewonki medication policy:

- **A doctor's note/prescription label is required for ALL medications, including over-the-counter medications and supplements.**
- Prescription medications should be packed in the smallest possible package with the original pharmacy label indicating the student's name and clear instructions and dosage. **This includes inhalers and epinephrine auto-injectors (labels are often on the box instead of the medication).**
- Over-the-counter medications and supplements must be in their original containers.
- Medications loose in plastic bags or envelopes will not be accepted.
- Please ensure that medications have not expired.
- The following medications are stocked in the infirmary at Chewonki and can be administered on an as needed basis if permission is provided on the health form. **Please do NOT send these medications unless your child will be taking them on a daily basis:** acetaminophen, antibiotic ointment, Benadryl, Claritin, Ginger Chew, guaifenesin, hydrocortisone 1% ointment, ibuprofen, dramamine, TUMS, and Zyrtec. A doctor's note/prescription is required if your child needs an atypical dose of any of these medications.
- All medications are carried in a health kit that accompanies your child and his/her group wherever they go. Medications are administered by Chewonki's trained staff. If you prefer your child carry an emergency rescue medication (e.g. asthma inhaler, epinephrine auto-injector) on his/her person, we will need written permission from both you and your child's health care provider.