



MEDICATION GUIDANCE FOR PARENTS/GUARDIANS (May 2026)

Medication Administration Policy

At Camp Moshava, the Medical Team is responsible for the administration of **ALL** medications.

- Medications include prescription and over the counter medications, vitamins, minerals and supplements designated as necessary to maintain the health and well-being of the camper.
- We are committed to ensuring the safe and reliable administration of all medications, vitamins and supplements campers are prescribed and take at home or that have been prescribed for them while they are in our care at camp.
- Campers and staff are **prohibited** from keeping medications in bunks. Exceptions may be granted on a case-by-case basis by the Medical Team for medications that must remain with the camper at all times (e.g., inhalers, EpiPens, insulin). If you feel your child meets this criteria, please be in touch with us at nurse@moshava.org with “Medication Question” in the subject line as well as the child’s full name and Eidah.

Medication Stability and Routine

We want all campers to be as successful as possible at Camp Moshava.

1. Please **do not initiate or change medications or dosages within two months** of your child’s arrival to camp. Establishing a stable baseline is essential for monitoring effectiveness and side effects, which is best done at home in coordination with your child’s physician.
2. **Medication Vacations:** We understand that some parents wish to give their child a “vacation” from their regular school-year medication over the summer. Often, this is because Camp is assumed to be a less structured, stress-free environment. While camp is definitely a time for fun, there are many different situations to deal with: new social dynamics, changes in routine, and different levels of structure depending on the day.
 - a. If your child takes medication during the school year, **we strongly recommend maintaining the same daily regimen at camp, including Shabbatot and fast days**. Overnight summer camp is generally **not an appropriate time for a “medication vacation”** or medication experimentation.
 - b. If your child’s medication during the summer is different than during the school year, please notify us at nurse@moshava.org to help ensure a successful summer for your child.
 - c. Please ensure your child’s prescribing physician is aware that they will be attending Camp Moshava so appropriate planning can occur with [JDrugs](#).

Entering Medications in Camp in Touch

1. By law, the nurse is not able to give any medication without the treating doctor's signature and/or parental consent.
 - a. This means that along with prescribed medication noted on the camper's health form, all vitamins, minerals and supplements must be written on the Physician Report form and signed by the treating physician.
 - b. In addition to the Physician Report, we also require parents to properly fill out and submit a "Health History" form, which can be found in your Camp in Touch account. It is IMPERATIVE that you also make sure to add each medication and their appropriate details in the "Health History" form at the top of page 5 as this is where our administration records generate from.
 - c. Please include **specific details** (e.g., *Cetirizine 10 mg*, not *Cetirizine 1*). IF YOUR CHILD'S MEDICATIONS ARE NOT ENTERED AS ABOVE ON THIS FORM, THERE WILL BE A DISCREPANCY IN OUR RECORDS AND INCREASES THE RISK THAT YOUR CHILD WILL HAVE A DELAY IN MEDICATION DOSES. We strongly recommend that you check the medications listed in this document a week or two before your child arrives in camp. IF THERE HAVE BEEN CHANGES OF ANY KIND IN MEDICATION, PLEASE UPDATE THE HEALTH HISTORY FORM PRIOR TO THE BEGINNING OF CAMP.
 - d. Please be aware that we try to give as many medications during breakfast and dinner as possible in order to ensure your child does not have to miss any activities. This may mean allowing your child to have their medications at a slightly different time of day than they do at home.

Therefore, when filling out times for administration on the health history form:

- i. **Wake up:** this option should be reserved for children who absolutely must have their medication on an empty stomach and before tefilah (i.e. thyroid medications, some ADHD medications etc). These medications are administered from 7-8am and campers MUST GO TO THE MARP AT THAT TIME TO TAKE THEM.
 - a. *On the health history form, please check "Other" if your child requires a medication at wake up and write "Wake up" in the comments box.*
- ii. **Breakfast:** The majority of morning medications are brought to breakfast by the Eiidah nurse and distributed at the meal
- iii. **Lunch:** Children receiving lunch meds must come TO THE MARP at their lunch time to receive their medications.
- iv. **Dinner:** The majority of evening medications are brought by the Eidah nurse and distributed at dinner. Unless your child's evening medication is specifically related to their sleep (i.e. melatonin), they should be marked as dinner meds.

- v. **Bedtime:** This is reserved for medications specifically related to sleep (i.e. melatonin) as they are distributed in bunks just before bed time.
- e. Parents must complete the OVER THE COUNTER MEDICATION form (also found on page 5 of the Health History Form in Camp in Touch). This allows us to administer typical OTC medications like Tylenol or Advil without having to call for parent's permission each time.

Getting medications to camp:

1. **All medications (prescribed, over the counter, vitamins, supplement, etc) must be ordered through JDrugs.** JDrugs packages all medications according to time of daily administration in packs that are pharmacy sealed and labeled appropriately with the patient's name, medication name, dose, date time etc. Families whose campers take medication should review the J-Drugs letter located on the Forms Dashboard or [click this link](#).
 - a. There are very few exceptions to medications being ordered from JDrugs (For example, medications requiring refrigeration or epipens, etc.) If you have questions, please send an email to nurse@moshava.org with "JDrug Question" in the subject line along with the child's full name and Eidah.

If your child's medication qualifies for one of these exemptions:

- a. If your child is coming to camp on a bus: the medication must be legible and properly labeled and brought to the bus drop off with your child: Please see the [Parent's GH Form](#) for packing and medication submission instructions. We recommend labeling with Avery labels or similar which can be purchased at any office store or via Amazon.
 - i. You must take care that the medication is properly logged in on the bus counselor's medication sheet.
 - ii. This ensures the medication will be delivered directly from the bus to the Marp where we can safely accept and check them in.
- b. If you are bringing your child to camp:
 - i. The medication must be checked in with the responsible staff member at the gate.
 - ii. This ensures that medication will be delivered directly from the gate to the marp with that staff member

No medications are to be sent with your child!!

2. **FOR THE SAFETY OF YOUR CHILD, WE WILL NOT ACCEPT OR DISTRIBUTE ANY MEDICATIONS THAT ARE NOT IN ORIGINAL PACKAGING FROM THE PHARMACY**

3. No medications, prescription or over the counter, are permitted to be stored in the bunks.
- The infirmary maintains a well-stocked supply of medications and we are available 24/7. **Please do not send OTC medications with your child; they will be collected and kept in the Marp to be sent home.** Please contact us for specific questions at nurse@moshava.org and indicate in the subject line Medication Question along with the child's full name and Eidah.
4. Epipens, Inhalers and nebulizers
 - a. If your child is required to have an epipen in case of anaphylactic reaction:
 - i. TWO epipens with expiration dates through the end of the camp session should be brought to camp, clearly labeled with your child's full name and Eidah.
 - b. If your child requires an inhaler:
 - i. Send at least two of each type of inhaler your child uses, each clearly labeled with your child's full name and Eidah.
 - c. If your child requires nebulizer treatments:
 - i. The Marp has several hospital grade nebulizer machines and supplies; you do not need to send your own.
 - ii. If your child is used to using a small, personal, travel nebulizer and would like to bring theirs to camp, that is fine as long as it and all accompanying pieces are properly labeled with the child's name and Eidah.
5. Liquid and Powder Medications:
 - a. Liquids and powders should be avoided whenever possible, as they are difficult to store and administer.
 - i. We strongly recommend transitioning to pills, capsules, or chewable forms **at least two months prior to camp.**
 - ii. It is possible your child may be asked to come to the Marp to take their liquid or powder medications if we can not easily administer them at meals
 - b. If your child uses Miralax (or other powdered medications) **we will only be accepting individual dose packages.**
 - c. **Gummy medications, vitamins or supplements will not be administered in camp.** Again, we strongly recommend transitioning to pills, capsules, or chewable forms **at least two months prior to camp.**

FREQUENTLY ASKED QUESTIONS

Q: How do I speak with a medical provider about my child's medications?

A: Email nurse@moshava.org with your child's full name, age, and Eidah. Please include "MEDICATION QUESTION" in the subject line. If phone follow-up is needed, include your phone number and availability.

Q: My child may need allergy medication or a sleep aid (e.g., melatonin). What should I do?

A: If your child experiences seasonal allergies, please plan for **daily OTC treatment**, as camp's natural environment may worsen symptoms. If your child uses sleep aids "as needed" at home, we recommend incorporating them into a **consistent bedtime routine** at camp. These medications must be pharmacy-prepackaged. Gummy medications, vitamins and supplements are not allowed in camp.

Q: My child only takes gummy vitamins or liquid allergy medication. What do you suggest?

A: This is an excellent opportunity to work on swallowing small pills or using chewable tablets. All medications must be prepackaged through [J Drugs](#).

Q: Can I send my child's original pill bottles to camp?

A: No. Medications not prepackaged and received before camp will incur a pharmacy packaging fee. Parents/guardians are responsible for coordinating with the pharmacy, notifying the infirmary, and ensuring that **seven days of medication in the original container** is sent to camp if needed.

Q: Can't the camp doctor just write a prescription for my child's medication if I can't get the full session in advance?

A: NO. Camp physicians cannot provide replacement doses for missing medications ESPECIALLY for controlled substances.

Q: My child only takes a daily multivitamin. Does it need to be prepackaged?

A: Yes. **All supplements**, including vitamins and melatonin, must be prepackaged.

Q: During the school year, my child does not take ADHD medication on weekends. What should we do at camp?

A: Campers perform best on a consistent routine. Unlike at home when your child has "downtime" after school or on weekends, during camp, campers are with their peers 24/7 which can require greater efforts to "keep themselves in check". We have found that most kids find being off their meds during camp find it very stressful and anxiety provoking. Therefore, medications should be taken **daily, seven days per week**, while at camp.

Q: My child's psychiatrist recommends stopping stimulant medication during the summer.

A: We recommend maintaining the same daily medication regimen at camp, including fast days. Our Medical Team is happy to speak directly with your child's prescribing physician if needed.

Q: Can I hand-label inhalers, EpiPens, or medical equipment?

A: Please use **printed labels** for clarity. We recommend Avery® labels, available at most office-supply stores, which allow you to print standardized labels with your camper's information.

Q: What happens if my child takes growth hormone or Oral Immune Therapy and goes on an overnight trip?

A: Growth hormone injections and Oral Immune Therapy substances **will not be administered on overnight trips**. Parents/guardians must consult the prescribing physician and ensure guidance is documented on the camper's physical form. Please note that specific guidance for growth hormone and oral immunotherapy will be sent out within the month.

Q: Why is the camp so insistent that we use JDRUGS? It's so much easier for me to use my local pharmacy.

A: Camp Moshava Medical Team has developed an excellent professional relationship with JDrug over many years, finding them responsive to our requests and accommodating special needs. JDrugs prepackages medications in individual pharmacy labeled packets by administration time. These prepacked medications allow us to:

- a. easily and safely organize and administer medications to hundreds of campers a day
- b. significantly reduces risk of medication errors and lost doses
- c. not having to open multiple medicine bottles and packs also saves time and prevents your child from missing out on fun and activities while having to wait in long lines to receive their medications
- d. ensure our nurses and other staff can focus their energies on proper medication administration and giving day-to-day care to our campers and staff rather than wasting hours of time and effort on repacking medications (by law, all medications we administer can not leave the marp without being in sealed packages and marked with patient and medication details)

Please note that parents are responsible for all medication processing and associated costs. No exceptions can be made for out-of-state campers, insurance limitations, or pharmacy delays.

Q: What if my child is taking a controlled substance or a costly medication that typically would not be dispensed for two months in advance?

A: Campers receiving medications such as these should work with their physician to obtain a sufficient supply for the full camp session; physicians routinely accommodate temporary extended stays such as this. Medications must be supplied for the **entire duration** of the camper's enrollment.

Q: What if my child has a change in medication dosage or regimen after the JDrug deadlines?

A: If you have a change of dosage or regimen before camp, JDrugs can also accommodate if needed although a rush fee may be required. JDrugs are very helpful and accommodating; you can reach out to them yourself for any questions as well.

All questions or concerns should be addressed to nurse@moshava.org. In the subject line, note Medication Question, your child's full name and Eidah.