



# BACK TO SCHOOL – WITH MEDS

Tips for sending you child to school with medication

It's time to head back to school and for many families that means navigating the challenge of sending children to school with medication. Many school administrations have adopted strict policies in regards to managing student medication needs and the handling and distribution of those medications while the student is in school. At CanadaOnlineHealth.ca we want to make it easier for your children and their schools, school nurses, and teachers to handle the ins and outs of this new daily routine.

## Be Informed

Take time to contact your school and the schoolboard to see what policies and regulations are in place regarding the storage, administration and monitoring of medication for students.

### Ask the following questions:

- ✓ Who will be administering your child's medication or if the child will be in charge of their own administering.
- ✓ What paperwork you need from the school, your doctor and your pharmacist.
- ✓ Get the contact information of the person, whether it is the school nurse or the administrator or teacher, that will be in charge of your child's medication routine – and have their number on your phone, and make sure your number is in their phone in case of an emergency.



## Talk to your pharmacy

Your pharmacist will be a great resource during the year when it comes to your child's medication. Schools often require both your parental written consent for all medications (prescription and non-prescription) to be given to a child while in school as well as written authorization from the prescribing physician. In addition, the medication may need to be brought to the school in its original prescription container from your pharmacy, not in a little pill bottle or lunch bag.

Your pharmacist can help ensure that you have the information you need as well as the prescription medication needed along with the proper label indicating:

- ✓ Your child's first and last name,
- ✓ The name of the medication,
- ✓ The dosage of the medication and how often it should be taken,
- ✓ Name of the physician who prescribed the medication,
- ✓ Expiry date of the medication.

In addition to this information you should give the school a print out of what the medication is for and what side effects, if any, they should be on the lookout for.

## Talk to you child about their medication

While it may seem overwhelming to a child, understanding their medical condition is important for their health and wellbeing. It is always a good idea for your child to know:

- ✓ What medical condition they have,
- ✓ Why they need medication,
- ✓ What the medication is called,
- ✓ What their medication looks like,
- ✓ How to take it and how often to take it.



If you have questions about how to best manage your child's daily medication routine at school, reach out for answers. Your pharmacist will be more than happy to help you create a stress-free daily routine your family can live with.

Thank you for taking the time to read our back to school tip sheet. We hope you have a great school year ahead and that you perhaps share this guide with other parents.

If you have any questions about anything you have read here, do not hesitate to visit us at [www.CanadaOnlineHealth.ca](http://www.CanadaOnlineHealth.ca), phone us toll free at **1-800-399-DRUG (3784)** or email us at [info@canadaonlinehealth.ca](mailto:info@canadaonlinehealth.ca).



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