



Guide to managing your child’s medication at school

Sending your child — and their medication — to school doesn’t have to be overwhelming. With a little bit of preparation and communication, you can provide the right support to ensure they stay on track with their medication throughout the school year.

Use this “cheat sheet” to ensure you have all the information you need close at hand.



Each medication you send to school should include detailed instructions for the school staff.

Medication

Dosage

When it should be taken

Possible side effects

Any storage requirements

Other important information

Medication

Dosage

When it should be taken

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Other important information



Know your school’s rules.

Who can administer medication?

Who fills in if that person isn’t there?

Where does my child go to take their medication?

Does anyone remind them? If so, who?

Who should I list as the emergency contact?

How does my child access medication they may need in an emergency (like a rescue inhaler for an asthma attack)?

What are the policies around field trips or other off-site events?

Is my child allowed to carry their medication? Yes No

Is my child allowed to take medication without supervision? Yes No



Make sure you provide the school with a few key items.

- Their medication in a prescription bottle with its own label
- Authorization from your child’s doctor to administer medication at school
- Written consent from you or another guardian that medication can be administered at school
- An action plan in case of emergency



Inform your child.

Make sure they know and understand some basic information about their condition and their medication.

- Name of condition
- Signs of a flare-up
- Name of medication
- Dosage
- When it’s taken (and how often)
- Possible side effects

If you have any questions about your child’s medication or maintaining their routine at school, you can always reach out to our pharmacists 24/7 for help. **Learn more at [express-scripts.com/rx](https://www.express-scripts.com/rx).**