



2026 SUMMER

RESIDENT AND OUTDOOR ADVENTURE

OVER-THE-COUNTER MEDICATION CONSENT

To be completed by Parent or Guardian

PRINT CAMPER'S NAME

First

Last

DATE OF BIRTH

MM DD YYYY

FALL GRADE

The following over-the-counter medications that may be dispensed by OVS staff with parent/guardian consent on an infrequent, as-needed basis in the Health Center and by faculty during outdoor education/off-campus trips.

Medication is dispensed in accordance with manufacturer instructions and OVS' First Aid and Treatment Procedures approved by our medical board. Depending on availability, these medications are kept stocked in the OVS Health Center and select medications are stocked in first aid kits carried by staff on outdoor education trips.

For campers taking routine vitamins, supplements, over-the-counter or prescription medications, it is highly recommended to consult with your child's pediatrician prior to filling out this form.

For Pain Relief:

- Muscle gel (menthol 3%)
- Tylenol (acetaminophen)
- Advil (ibuprofen)
- Excedrin (acetaminophen, aspirin, caffeine)
- Aleve (naproxen sodium)
- * Midol (acetaminophen, caffeine, pyrilamine maleate) *for menstrual cramps

For Allergy Symptoms/Allergic Reaction:

- Zyrtec (cetirizine)
- Claritin (loratadine)
- Allegra (fexofenadine)
- Benadryl (diphenhydramine)

For Cold Symptoms:

- Sudafed (pseudoephedrine)
- Sudafed PE (phenylephrine)
- DayQuil/NyQuil or Tylenol Cold & Flu

For Constipation:

- Metamucil
- Milk of Magnesia
- Colace (docusate sodium)
- Psyllium Husk

For Diarrhea:

- Loperamide

For Cough:

- Delsym (dextromethorphan)
- Mucinex (guaifenesin)
- Cough drops

For Sore Throat:

- Throat Lozenges
- Chloraseptic Throat Spray

For Stomachache/Indigestion:

- Tums (calcium carbonate)

For Urinary Discomfort:

- Azo-tabs (Phenazopyridine)

For Minor Wounds:

- Antibiotic Ointment (neomycin, polymyxin B and bacitracin)
- Betadine
- Benzalkonium Chloride (BZK) antiseptic wipes



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For Minor Oral Irritation:

Orajel (Benzocaine 20%)

For Minor Eye Irritation:

Refresh eye drops

For Sunburn or Sunburn Protection:

Sunscreen

Solarcaine spray

Aloe Vera/Lidocaine gel

For Fungal Infection:

Miconazole Nitrate 2%

For Minor Burns:

Lidocaine 2% gel

For Insect Bites or Poison Oak:

Hydrocortisone 1% cream

Diphenhydramine HCL 2%

Tecnu Outdoor Skin Cleanser

Calamine lotion

Sting relief (ethyl alcohol and lidocaine)

For Motion Sickness:

Dramamine (Dimenhydrinate)

I grant permission for OVS staff to dispense listed medications for comfort measures, less any noted exceptions as listed below. I further agree to indemnify or hold harmless Ojai Valley School, Summer Camp and its agents from all claims as a result of any and all acts performed under this authority. I will inform the Ojai Valley School or OVS Health Center if there is a change in any of this information.

I do not grant permission to OVS to dispense any of the listed medications to my camper/child.

Signature of Parent/Guardian _____

Date _____