

The **ABCs**
of managing
your child's
medication
at school



About **1 in 4 children** in the U.S. have a chronic health condition, **most requiring a daily prescription or over-the-counter medication.**¹

A Ask

- Who can administer medication?
 - Who fills in if that person isn't there?
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- Where does my child go to take their medication?
 - Does someone remind them?
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- How does my child access medication they might need in an emergency (like a rescue inhaler for an asthma attack)? Can they carry it with them?
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- Are there any other rules regarding specific events or situations, such as field trips?

B Bring

- Detailed instructions for taking and storing each medication.
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- Your child's medication in a prescription bottle with its own label, including important information like their name, medication, dosage, and prescriber's contact information.
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- Authorization from your child's doctor and written consent from you that the school can administer medication to your child.
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- An action plan in case something prevents your child from taking their medication that day.

C Check

- Often if there is enough supply of your child's medication at school. Keep an eye on the expiration date, too.
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- That all medication stays in the original container with the original label.
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- That your child knows basic information about their condition and medication.

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).

Download ***this cheat sheet*** to help make managing your child's medication at school as easy as 1, 2, 3.