

## Medical and Travel Logistics 2019

Dear AIO parent,

The State of Maine permits students to carry their own emergency medication (epi-pens and inhalers) with the permission of the parent and physician. I have enclosed a letter of explanation and forms that must be signed by the appropriate people that we must have on hand if you wish your child to carry their own emergency medication (this only pertains to inhalers, epi-pens or other emergency medicine). Please read it carefully and be sure to either bring or send the forms if they are needed. We also carry our own emergency medications in our first aid kits and all non-emergency medications must be kept in the clinic. If these forms do not pertain to your child, you may disregard them.

### Medical

Periodically, we have students with severe nut allergies. We are able to control our kitchen and serving areas though we ask that you look carefully at the care package food you send for your child and exclude anything that might contain peanuts or peanut oil (another name is Arachis oil). The students themselves are very responsible and aware of their allergies but we appreciate your help in making it a less stressful situation for everyone. We do make peanut butter available for lunches in a contained area and we keep the allergic student's lunch separate from these. This has been completely successful for us in the past.

We must have the completed and signed health form on file while your child is with us. Bring any prescribed medications in their original bottles and give them to the nurse when you meet with her on your arrival day. Other than the emergency medicines that your child may need to carry, we keep all medications locked in the clinic. We also carry a fully stocked first aid kit in each van and on all off-site trips.

### Travel

Arrival is the first Sunday of the session between 12 noon and 5 pm. Please don't plan to arrive earlier since the staff is off duty Sunday morning until noon. Departure is the last Friday of the session between noon and 5 pm though we understand that some students must leave earlier for flights or long drives home. If you are planning to pick your child up from AIO we hope you'll join us for the family cookout starting around 4:45 pm. NOTE: any departures after Friday night will incur the overnight charge of \$150. Also, students traveling as unaccompanied minors won't be allowed (by the airline) to travel on the last flight of the day so they should plan to leave earlier in the morning.

If your child is flying to either Bangor or Bar Harbor please be sure that you have paid any unaccompanied minor fees and send the receipts so we can show them when we check your child in to depart. Also be sure they have any baggage fee for the return trip so check the policy of the airline. If they are not traveling as an unaccompanied minor, you can check them in online the night before and pay their luggage fee there.

Due to the distance to the airport in Bangor students should be prepared to wait with a staff member for other flights to arrive. The airport has stores and restaurants and the students will call home when their flight arrives. There are typically very short wait times for arrivals into Bar Harbor.

Sincerely,

*Sheryl Christy Gilmore*

Executive Director