



## Emergency Contact & Medical Info Sheet for Au Pairs



### Host Family Information

Family Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parents' Mobile Numbers:

- Parent 1: \_\_\_\_\_

- Parent 2: \_\_\_\_\_



### Children's Information

Child 1 (Name, DOB, Allergies, Special Needs):

\_\_\_\_\_

Child 2 (Name, DOB, Allergies, Special Needs):

\_\_\_\_\_

Child 3 (Name, DOB, Allergies, Special Needs):

\_\_\_\_\_



### Emergency Contacts

Local Emergency Number (Police/Ambulance/Fire): \_\_\_\_\_

Nearest Hospital / ER:

- Name: \_\_\_\_\_

- Address: \_\_\_\_\_

- Phone: \_\_\_\_\_

Family Doctor / Pediatrician:

- Name: \_\_\_\_\_

- Phone: \_\_\_\_\_

Neighbor / Close Friend Contact (for urgent help):

- Name: \_\_\_\_\_

- Phone: \_\_\_\_\_

### **Medical Information**

Health Insurance Provider (Au Pair): \_\_\_\_\_

Policy Number: \_\_\_\_\_

Known Allergies (Au Pair): \_\_\_\_\_

Blood Type (if known): \_\_\_\_\_

Regular Medication: \_\_\_\_\_

### **Household & Safety Notes**

Address to give Taxi / Ambulance: \_\_\_\_\_

Nearest Pharmacy: \_\_\_\_\_

House Alarm / Security Code (if applicable): \_\_\_\_\_

Special Instructions (e.g., child's medical routine, emergency procedures):

\_\_\_\_\_

☒ **Tip:** Print two copies – one for the au pair's room, one in a common area. Save a digital version on the au pair's phone.