



Nanny/Babysitter Form Letter

Date _____

Dear _____

My child _____, has serious life-threatening allergies to _____.

Life threatening reactions may include _____.

- My child has exercise induced asthma. Please watch his/her breathing.
My child has asthma which may prohibit exercise when he/she is ill.
My child can not eat the following; _____

Please help keep my child safe by eliminating your exposure to his/her allergic triggers before coming to our house. Wash hands for pet exposure and try to avoid petting any animals as to eliminate pet fur and dander transfer. Avoid eating any foods that our child is allergic to such as nuts the day you visit. Keep coats fur-free.

If a reaction requires emergency treatments, follow the plan of action below.

- medicine dose for every hours as needed for
medicine dose for every hours as needed for
medicine dose for every hours as needed for

If they can not breathe call 911 immediately. Our phone numbers in case of emergency;

- Cell Cell 2
Closest Hospital phone #
Our Address is
Our county/parish is
Our primary physician for non-emergency
Other contacts
Our Home number is ()
Our insurance carrier is policy #

