

Au Pair Emergency Sheet

Fill in, save and print. Keep this document somewhere easy to find.

Family details

FAMILY NAME

HOME ADDRESS

PARENT / GUARDIAN 1 + PHONE

PARENT / GUARDIAN 2 + PHONE

Emergency contacts

EMERGENCY NUMBER, E.G. 112

NEIGHBOUR / LOCAL CONTACT + PHONE

BACKUP CONTACT + PHONE

FAMILY DOCTOR / GP + PHONE

Au pair details

AU PAIR NAME + PHONE

NATIONALITY / LANGUAGE

EMERGENCY CONTACT HOME COUNTRY

EMERGENCY CONTACT PHONE

Au pair medical information

ALLERGIES

MEDICATION

MEDICAL CONDITIONS

HEALTH INSURANCE / POLICY INFO

In case of emergency

1. Make sure the children are safe.
2. Call 112 if there is immediate danger or urgent medical need.
3. Call the parents or guardians as soon as possible.
4. Contact the backup emergency contact if parents cannot be reached.
5. Stay calm and write down what happened, including the time.

Children & Medical Overview

Compact overview for up to three children. Add only information the au pair needs to know.

Child 1

NAME + DATE OF BIRTH

SCHOOL / DAYCARE + PHONE

PICK-UP LOCATION / NOTES

IMPORTANT COMFORT ITEMS

ALLERGIES

MEDICATION

MEDICAL CONDITIONS

OTHER IMPORTANT NOTES

Child 2

NAME + DATE OF BIRTH

SCHOOL / DAYCARE + PHONE

PICK-UP LOCATION / NOTES

IMPORTANT COMFORT ITEMS

ALLERGIES

MEDICATION

MEDICAL CONDITIONS

OTHER IMPORTANT NOTES

Child 3

NAME + DATE OF BIRTH

SCHOOL / DAYCARE + PHONE

PICK-UP LOCATION / NOTES

IMPORTANT COMFORT ITEMS

ALLERGIES

MEDICATION

MEDICAL CONDITIONS

OTHER IMPORTANT NOTES