



*Food Allergy and Your Kiddos'*  
**BABYSITTER GUIDE**

**Family Information**

Parent Names:

Phone Numbers

Cell:

Work:

Home:

Other:

Home Address:

Kiddo Names  
and Food Allergies:

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**Emergency Contact Information**

*For any emergency, dial 911.*

How to reach us:

Where to reach us:

Other emergency  
contacts:

Closest neighbor:

Other important  
numbers:

**Epinephrine  
auto-injector  
is located:**

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Quick Notes

**DISPLAY THIS WITH ANAPHYLAXIS ACTION PLAN.**

This is a quick, noncomprehensive guide and should not replace communication between parent and sitter.

Learn more at [FoodAllergyandYourKiddo.com](http://FoodAllergyandYourKiddo.com).

