



Baby-Sitter Guide Sheet

_____ has asthma and takes the following medications on a regular basis:

You may reach me at: _____

If you cannot reach me, contact:

Early warning signs are:

Special instruction if any early signs should develop:

If he/she should have an asthma flare, remain calm and follow the above instructions.

IN CASE OF EMERGENCY

Doctor's Phone #

Emergency Room #:

Health Insurance:

ID#:
