

## **FILE OF LIFE**

### **Instructions**

The File of Life provides healthcare information in a visible, organized manner that emergency personnel can quickly access when responding to a call. EMT's have assured us that the information contained in the File of Life would not only be helpful, but potentially lifesaving. Listing the person(s) to contact when an emergency occurs is of particular value to police officers.

The File of Life consists of a medical information card that includes the patient's name, emergency contacts, health problems, medications, & allergies. The completed form should be attached to the outside of the refrigerator with a magnet.

1. Fill out medical cards for all residents in the your home and be sure the information is accurate and legible. If necessary, have someone assist you.
2. Use pencil where you fill in the medications and where you date the card to allow future updates.
3. When completed, place the file on the outside face of your refrigerator, or inside the refrigerator door.
4. Keep all medical data up to date.
5. Whenever there is a change in medications or dosage be sure to change it on your card and re-date the card.
6. The red File of Life sign should be placed on or near your front door to alert EMS that you have important information about your medical needs.