

LIFE SAVING INFORMATION

**KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: _____ Sex: M F

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____

FILE OF LIFE®

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FILE OF LIFE

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Your personal medical information is kept on the refrigerator for paramedics to use as a reference when responding to a medical emergency.

A window sticker is visibly displayed outside the home so paramedics know to look for these packets.

- Fill out the medical card and be sure the information is accurate and legible. If necessary, have someone assist you.
- Use a pencil where you fill in the medication and where you date the card to allow future updates.
- When completed, place the file on the outside face of your refrigerator.
- Keep all medical data up to date.
- Whenever there is a change in medications or dosage be sure to change it on your card and redate the card.
- Take the file with you when you visit your doctor.

Available
at the
Skylake
POA Office



Emergency Preparedness Committee