

## File for Life

### **File of Life**

The File of Life is a free program, designed to help your Fire Department Paramedics obtain your necessary medical history and emergency contact information in an emergency... it could help save your life.

**Available to the citizens of Waukegan while our supplies last.**

The following information will give you a brief overview of this tremendous program.

Please call your local Fire Department for more information or to make arrangements to receive a File of Life packet. You may reach them at 847-625-6335. (Waukegan Fire Department, 1101 Belvidere St., Waukegan, IL 60085)

**What you get:** Refrigerator magnet file, door sticker, and wallet/purse file

**The Refrigerator Magnet File of Life holder:** The card, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists the patient's name, emergency medical contacts, other vital information, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy. The entire pocket is held, with a magnet to the outside of the refrigerator.

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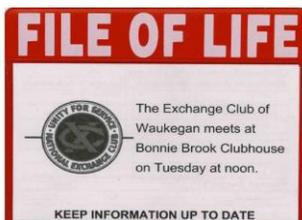
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**The door sticker:** A simple sticker that you place on your front door, or your primary entry door, alerting EMS personnel that File of Life information should be on the Refrigerator in your home.

**The pocket/purse/wallet file:** In addition to the **FILE OF LIFE** for the refrigerator, you also get a compact version for you to carry in your wallet or purse. A card containing the same medical information is enclosed in the RED plastic case that you keep with you. This personal wallet size version is a very valuable source of information to emergency medical personnel responding to your possible critical, life-threatening situations. Having instant access to medical facts and information can make the difference when every second counts.

**What information is contained in the file?** Your name, address, emergency medical contacts, insurance policy and social security numbers, health problems, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy, etc.

*One of the most important parts of the program is keeping your information up to date!!*

*Please help us help you.*

The FILE OF LIFE idea was born in Bridgeport, Connecticut a few years ago. More information about starting such a program in another area is available at <http://www.folife.org/>. Our program is sponsored by your Local Exchange Club of Waukegan.