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## File of Life Fact Sheet

File of Life is a simple program that could quickly improve quality of care during emergencies. The File of Life program encourages citizens to keep track of vital medical information on the form and place it where it is easily accessible to first responders in a medical emergency – on the **refrigerator door**. This enables paramedics to obtain a quick medical history when the patient is unable to offer one. The card eliminates the risk of the patient who, in a confused or incapacitated state, may forget to mention something important.

A label is also provided that can be used to place on the front door so first responders can see it as they walk in the home.

### Benefits:

It lists all your Emergency Medical and Health information in one place. **Thornton Fire will look for this information when responding to a call at your home.** This information can ***save your life!***

Pick up your **FREE** kits at Fire Administration or the Thornton Active Adult Center. Or feel free to print the sheets yourself by visiting [goCOT.net/fire](http://goCOT.net/fire). They can be easily printed and updated as information changes.

You will receive:

- [File of Life medical information sheet](#)
- [An envelope to store File of Life Form and other pertinent information \(DNR, CPR Directive, Advanced Directive, etc.\)](#)
- [Window/door sticker for your home](#)

Be sure to fill one out for each member of your family! Call 303-538-7602 for more information.

A few things to remember when using the File of Life:

- [It is a good idea to record information in pencil. Updates and revisions may be necessary.](#)
- [The information is only useful if it's updated frequently. Participants are urged to maintain current information regarding medication and dosages.](#)

*The File of Life has an area for marking if the individual has a DNR (Do Not Resuscitate) order. The File of Life is not a valid DNR. Participants are advised to record the location of the original DNR order. However, all current EMS protocols apply — DNR orders are only valid if they have original signatures or confirmation from the authorizing doctor.*