

The File of Life can help to save your life. Please follow these instructions for filling it out.

- Print legibly.
- There are 2 copies so please press hard.
- Fold white copy and put it into the red pouch.
- Place the red pouch on your refrigerator door.
- Keep the area around it clear so that your File of Life can be easily spotted.
- The yellow copy can be kept in your wallet or purse.
- Whenever your medications, doctors or medical conditions change, be sure to update your File of Life.
- If you have a Do Not Resuscitate Order identify where it is located, or keep in File of Life pouch.



REMEMBER: Your File of Life can be a valuable life-saving tool, especially if it's kept up to date and is visible on your refrigerator door.

If you need a new form:

- Call the Kenosha County Aging & Disability Resource Center at 262-605-6646.
- Visit adrc.kenoshacounty.org and click on the Emergency Preparedness tab to find a fillable electronic form that can be saved to your computer and easily updated.