

## INSTRUCTIONS FOR THE VIAL OF LIFE

1. Please complete both sides of the form, fold it lengthwise in half, and roll it up to fit inside of the VIAL.
2. Place the VIAL inside your refrigerator on one of the highest shelves in the door of the refrigerator (not the freezer).
3. You have two extra **VIAL OF LIFE** stickers. Place one of the stickers on the guard rail of the shelf (in front of the VIAL) to remind you to keep the VIAL in the same place and to help emergency personnel locate the VIAL.

Place the other **VIAL OF LIFE** sticker on the outside of the refrigerator door. (You may place the sticker on a magnet if you keep one on the outside of the refrigerator or put it directly on the refrigerator.)

In the event of an emergency, valuable time will be saved when emergency personnel can go to your refrigerator and find your **VIAL OF LIFE**. The information contained within the **VIAL OF LIFE** might be the very information that could someday SAVE YOUR LIFE!

**REMEMBER** to **UPDATE THE INFORMATION** in your **VIAL OF LIFE** any time you have a change in your medication or in your health status.

The **Highland Senior Center** or the **Highland Fire Department** will have new information forms so that you can update your current medications and/or health status.

If you have internet access, this form can also be downloaded in Adobe Acrobat format by going to <http://www.htfd.com> and clicking on the **VIAL OF LIFE** link.