Chickahominy Area Triad – "File of Life" Program

Imagine that you are injured or suffer from a medical condition that temporarily renders you unconscious or unable to communicate effectively with paramedics. Without important information about your medical history, how will first responders be able to quickly assess and treat your condition? Help rescue workers quickly find important medical information when every second counts!

The Chickahominy Area Triad is pleased to provide a community initiative entitled the "File of Life" program. The File of Life packet enables responding Charles City County and New Kent County Fire and Rescue personnel to obtain a quick and accurate medical history when a patient or family member is unable to. The "File of Life" is a red, magnetic packet that contains important medical information about you. The "File of Life" also provides an area to list contact information for your doctor, family members, insurance information and any other special circumstances that rescue personnel should know in caring for you. FREE File of Life packets are available to Charles City and New Kent County residents. Contact our Triad organization info.chickahominytriad.org or call (804) 557-5287 (leave a message) requesting that a File of Life packet be mailed to you.

Who should fill one out a "File of Life"?

Senior adults. However, the File of Life is applicable for people of all ages, especially individuals with chronic or severe medical conditions and/or developmental disabilities.

Where should I put the "File of Life" once I fill it out?

The red, magnetic packet(s) should be hung on the outside, front of the refrigerator. If magnets will not stick to your refrigerator door, consider doing one of the following:

- Place the "File of Life" magnet on the side of the refrigerator, or
- Tape the "File of Life" magnet to the front of your refrigerator, or
- If you do not have the red, magnet packet -- just put in a ziplock/plastic bag and label it File of Life.

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

- Record the information in pencil. Updates and revisions can be made as necessary. If you have the computer software to do so, download the information sheet to complete and store on your computer if you need to make revisions.
- The information is only useful if it is updated frequently. Participants are urged to maintain current information regarding medication and dosages.
- The File of Life has a place for noting 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. EMS protocols apply unless a copy or original of the DNR is supplied.