

FREE!
Please Take One

City of Alameda's *Vial of Life*

The **Vial of Life** puts important instructions in the hands of Emergency Responders and Physicians when it is needed most - during the first minutes of critical illness or accident in your home.



Vials are available at Alameda's Fire Stations, Alameda Hospital, and various locations throughout Alameda.

Instructions

- Place Vial of Life magnet on the outside of your refrigerator or freezer door. Emergency Medical Personnel in the community have been notified to look for your special Vial of Life magnet.
- Complete the medical record form with the assistance of your doctor or a family member.
- Ask your Pharmacist to add any new prescription to your medical record form.
- Roll up the completed form, include your Living Will or Advanced Medical Directive, place them into the Vial of Life and put the cap on the Vial.
- **Place the Vial of Life on the inside of your freezer door.**



For more information or to obtain vials for your organization, please call (510) 814-4362.