

VIAL of LIFE

Instructions

Designed to Service the East Meadow, NY Area

1. **Obtain all of the necessary supplies:**
 1. One Ziploc bag (preferably one quart freezer bag) (one per person)
 2. One Vial of Life insignia for your front door (one per household)
 3. One Vial of Life insignia for your refrigerator (one per person)
 4. One Vial of Life general form (one per person)
 5. Scotch (or equivalent) tape
 6. Pen and Marker
 7. Contact paper or ultra-clear tape (optional, but suggested)
2. **Fill out your Vial of Life general form with the help of your doctor or pediatrician.**
 1. You only have to fill out the information that you find necessary.
 2. If you plan on putting the form in your wallet, do not fill out your Social Security Number
 3. If you plan on putting the form in your wallet, fill out your address on the back of the form
3. **Put an insignia (sticker or tape it) on the plastic bag and on your front door**
 1. Place the sticker in the center of the bag, slightly towards the top
 2. Place the second sticker above the doorknob on the primary front door (not a storm door) slightly above eye level
 3. If possible, place contact paper or ultra-clear tape on top of the insignias to make them waterproof, and more resistant to fading
4. **Use the permanent marker to write your first name and last initial on the front of the bag**
5. **Place a completed Vial of Life form into your bag.**
6. **The following optional items can go into your bag:**
 1. A recent photograph of just yourself.
 2. A copy of your last EKG.
 3. Your Living Will or equivalent.
 4. Do Not Resuscitate (DNR) documentation.
 5. Any other documentation you feel important.
7. **Tape the bag on the upper-right hand corner of the refrigerator/freezer closest to your kitchen**
 1. If there is more than one bag on one refrigerator, stick them so that the name (written on step 4) can be seen
8. **Every three months, or after there has been a major change in information, check the stickers to make sure they are not peeling or faded, and recheck the information sheet. All new forms can be downloaded from the website.**
9. **If you have any questions, feel free to contact me from the suggestions/questions page on the website: <http://www.angelfire.com/planet/vialoflife>**