



**FOR IMMEDIATE RELEASE:**

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**Prepare for a Medical Emergency - File of Life Packets Available**

*Sierra Madre, CA. March 5, 2013 -*

Medical emergencies are almost always stressful for the patient and everyone in the patient's household. The time to assemble important medical information is before the medical emergency occurs rather than during the actual medical crisis. Medical information assembled in a period of calm is likely to be more accurate and more thorough than information assembled in a moment of crisis.

The File of Life program enables Sierra Madre residents to compile important medical information into one complete packet and make it available to the local paramedics in case of a medical emergency. The information is stored in a plastic envelope in the resident's refrigerator, and a decal on the resident's front window alerts EMS personnel that the information is available on the premises.

File of Life Packets, made possible by the Senior Community Commission, can be obtained free of charge at the Hart Park House Senior Center or Sierra Madre Fire Department. Instructions for completing the packet will be provided upon pick up. For more information, please call the Hart Park House Senior Center at 626.355.7394.

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