



FILE OF LIFE

Northland Regional Ambulance District
 1000 Platte Falls Road
 Platte City, MO 64079
www.nrad-ems.org

**PLEASE KEEP THIS
FORM UP TO DATE**

Name:	Date of form completion:
Address:	Phone:
DNR <input type="checkbox"/> No <input type="checkbox"/> Yes – Where is it?	Date of Birth:
Emergency Contact: (name and phone)	Second Emergency Contact: (name and phone)
Social Security #:	Medicare #:
Other Medical Insurance:	
Doctor:	Other doctors:
Hospital choice:	2 nd Hospital choice:

Prescription Medicines: <input type="checkbox"/> None <input type="checkbox"/> Include additional info if needed	Medical Conditions: <input type="checkbox"/> None
Allergies: <input type="checkbox"/> None <input type="checkbox"/> Include additional info if needed	Anything else we need to know in an emergency: <input type="checkbox"/> None

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For Emergencies Dial 9-1-1

KNOW THE SIGNS

Signs of a Stroke

- Confusion and/or Dizziness
- Numbness and/or Paralysis
- Drooping Eye and/or Mouth

Signs of a Heart Attack

- Chest Pain
- Radiating Pain in Shoulders, Neck
Jaw or Arms
- Shortness of Breath
- Sweating, Nausea or Vomiting

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Northland Regional Ambulance District

1000 Platte Falls Road Platte City, MO 64089
(816) 858-4450 www.nrad-ems.org

For additional forms or information on our Educational programs
call (816) 858-4450 or visit us on the web at www.nrad-ems.org

Hands-Only CPR



1 Tap or gently shake victim.
Ask the victim loudly -
"Are you OK?"



2 Have someone call 9-1-1,
or call 9-1-1 yourself.



3 Initiate hands-only CPR.
Push hard and fast
in the center of the chest -
at least 100 times a minute!



NRAD'S ADDRESS SIGN PROGRAM COULD BE A REAL LIFE-SAVER.

Readily-visible addresses are critical when every second counts. Call our office or visit our website today to learn how you can make certain first responders can find you or your loved one quickly.