

We have a handy preprinted card to list all your medical problems and medications~ it's called ***File of Life***, we will provide you a free copy, stop by our building or ask for one at any special event you see us at!!

Interested in learning more safety or medical tips pick up our other brochures:

- ⊙ Fall Prevention
- ⊙ Recognizing Stroke and Heart Attack
- ⊙ Understanding High Blood Pressure
- ⊙ Coming Soon
 - Understanding Diabetes
 - Understanding Thyroid Disease
 - Arthritis

You can get these brochures at any special event we are at, online on the RPVAC website or by stopping by our building any night after 7PM.

REMEMBER IN AN EMERGENCY DIAL 911



Ridgefield Park Volunteer
Ambulance Corps
48 Main Street
Ridgefield Park, NJ 07660
Phone (201)641-4770
Fax (201)841-9310
www.ridgefieldpark.org



HELP US HELP YOU GENERAL SAFETY AND MEDICAL TIPS

The Ridgefield Park Volunteer Ambulance Corps was formed to provide emergency medical care to the Villagers and their guests, we want to be able to better serve you....here are a few things that will help!!

MEDICAL RECORDS AND MEDICATIONS

One of the best ways to help us care for you or your loved ones in an emergency is to know your/their medical problems and medications.

- ⊙ Keep a list of your medical problems and past surgeries handy.
- ⊙ Keep a copy of the list in your wallet and on your refrigerator.
- ⊙ Update the list regularly! Every three to six months!

- ⊙ Keep a list of your medications in the same spot!
- ⊙ Update your medication list ~ do this by bringing the list to every health care provider appointment.
- ⊙ By bringing a list of medications to each doctor's appointment it can eliminate medication errors, **EVERY ONE OF YOUR DOCTORS** will see what you are taking!!
- ⊙ Keep in mind a list can give us all the information if you can't

We are here to serve you 24 hours a day 7 days a week, 365 days a year!!

Volunteers no matter what time of day, or weather condition!!

GENERAL TIPS

- ⊙ Make sure your house number is well lit and the number is not blocked by tree branches or shrubs~ we can't help you if we can't find your house ~ don't let this cause a delay in your own care.
- ⊙ If you live alone ~ get **life-line** or carry a portable or cell phone around your house with you ~ if you fall you may not be able to get to your home phone.
- ⊙ Make sure your stairs and hallways are free of clutter ~ we want to be able to get you or your loved one out of the house without risking injury to them or ourselves.