



## FOR IMMEDIATE RELEASE

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### **Daylight saving this weekend is a reminder to update your Vial of L.I.F.E.**

*The Vial of L.I.F.E. medical information program has helped save lives throughout the Puget Sound*

(SEATTLE – Wash., March 9, 2011) – The Medic One Foundation recommends that anyone who owns a Vial of L.I.F.E. (Lifesaving Information for Emergencies) should update the medical information in their vial this weekend. The Foundation advises that program participants update their medical information twice a year, using daylight saving weekends as a reminder.

The Vial of L.I.F.E. is a plastic capsule that resembles a medicine vial. The vial comes with a blank medical information form, a sticker and a magnet. The completed medical information form should be put inside the vial and the vial should then be placed inside your refrigerator. The Vial of L.I.F.E. sticker should be placed on the front door of your residence and the magnet should be placed on the front of your refrigerator so emergency responders know there is a vial inside.

If an in-home medical emergency takes place and you are unresponsive, emergency responders can use the Vial of L.I.F.E. to learn critical lifesaving information.

“Emergency responders routinely look for a Vial of L.I.F.E. when responding to an in-home emergency. They’re out there, being used and are very helpful,” said Michael Coolidge, a Shoreline firefighter/paramedic. “I would encourage anyone who does not have a Vial of L.I.F.E. in their home to purchase one and fill out the medical information form as soon as possible.”

The Vial of L.I.F.E. can be purchased at any Bartell Drugs pharmacy for \$1, with net proceeds benefiting the Medic One Foundation.

To learn more about the Vial of L.I.F.E. and the Medic One Foundation’s other lifesaving programs, visit [www.mediconefoundation.org](http://www.mediconefoundation.org).

***To interview Jan Sprake, executive director of the Medic One Foundation or for more information on the Vial of L.I.F.E. program, please contact Lee Keller at (206) 799-3805 or [lee@thekellergroup.com](mailto:lee@thekellergroup.com) or James McIntosh at (425) 466-8790 or [james@thekellergroup.com](mailto:james@thekellergroup.com).***

***About Medic One and the Medic One Foundation:*** Seattle and King County’s Medic One system is a national leader in providing effective care to cardiac arrest victims prior to hospital treatment, with one of the nation’s highest survival rates for sudden cardiac arrest at 46 percent, compared to between 2 and 25 percent nationally. A major reason for this life-saving success is the Medic One Foundation, a local non-profit organization that ensures the quality of our region’s pre-hospital emergency care by funding world-class paramedic training, innovative research in new methods of patient care, and intensive medical review of paramedic performance. For more information or to get involved go to [www.mediconefoundation.org](http://www.mediconefoundation.org).

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