

# Sign

# FOR LIFE!

One individual  
can save up to **eight lives**  
by donating organs upon dying.  
They can also improve the quality of life  
of **20 other people**  
through tissue donation.



*Sign the organ and tissue donation sticker and put it on the back of your health insurance card in the space provided.*

Each consent counts. **You can make a difference!**

## Sign for life!



I hereby authorize organ and tissue removal after I die.

Date

| Y | M

Signature of donor

In addition, if the donor is under age 14, the holder of parental authority or the guardian must initial the sticker.

Initials





# Talk about it!

## Make sure that your wishes are honored.

It is very important to discuss and share your decision with your family and loved ones. Upon your death, your next of kin will be asked if you consented to donating an organ or tissue. This person and the others with whom you have discussed your decision will be able to speak on your behalf and ensure that your wishes are honored.

## Make your consent official by having it recorded in the *Registre des consentements au don d'organes et de tissus*.

### How?

Just fill out the organ and tissue donation consent form of the Régie de l'assurance maladie du Québec (RAMQ). If you have lost or misplaced it, you can order a replacement online at [www.ramq.gouv.qc.ca/donate](http://www.ramq.gouv.qc.ca/donate) or by calling the RAMQ.

### For more information:

Québec.ca

