

Stamp
here.

No CPR GmbH
Sommerstrasse 19
CH-8594 Güttingen

Trusted persons

If I am no longer responsive or able to make medical decisions for myself, the person(s) named below are authorised to act on my behalf. They are empowered to make medical decisions in accordance with my expressed wishes and to ensure that healthcare professionals follow those wishes. For this purpose, medical staff are released from their duty of confidentiality toward the individuals named below.

First Trusted Person

Surname, First name _____

Post code, City _____

Telephone Number _____

Second Trusted Person

Surname, First name _____

Post code, City _____

Telephone Number _____

I have not appointed a trusted person and leave all medical decisions to be made in accordance with applicable law.

Autopsy / Post-Mortem Examination

I **do not consent** to an autopsy or post-mortem examination of my body.

Organ Donation

I **do not consent** to the removal of organs after my death, as this may require medical interventions.

Place, Date _____

Signature _____

Separate here



“ My name is Angelina Horber. I am 59 years old. Due to a chronic illness, my body’s ability to regenerate is limited. My guiding belief is simple: When the time comes, I do not want to fight it. It is deeply important to me that my wishes are respected. If I reach a point where my life is coming to an end, I do not want unnecessary struggle, escalation, or pressure to prolong the inevitable. I would like those present to sit with me quietly. No rushing. No urgency. Just peaceful presence. ”

Angelina Horber
28.04.1961 – 08.2024

Angelina Horber, founder of the **No CPR** logo, was able to die last year exactly as she wished – in peace and with dignity. As her family, we are grateful that her will was respected. In her spirit, we hope that everyone has the opportunity to determine how they face the end of life – guided by mindfulness, dignity, and respect.

To live — as long as life is worth living.

Resuscitation – No, thank you!

www.nocpr.ch



Resuscitation – No, thank you!

www.nocpr.ch



No CPR – Why?

Legal situation

In the event of cardiac arrest, the law generally requires immediate resuscitation. Because the patient is unconscious and unable to express their wishes, it is assumed that they want to live. Therefore, emergency responders are obligated to begin cardiopulmonary resuscitation (CPR).

Unwanted resuscitation

Resuscitation – or not – is your personal decision. If you do not wish to receive resuscitation or intensive care treatment in the event of cardiac and respiratory arrest, you have the right to refuse it. Choosing **No CPR** does not mean refusing all medical care. You will still receive appropriate treatment for: Pain, breathing difficulties, injuries and other medical emergencies. Your decision applies only to resuscitation from cardiac and respiratory arrest. Your wishes must be respected.

A clear message to medical professionals

Healthcare providers are familiar with the term CPR (cardiopulmonary resuscitation), which refers to heart-lung resuscitation. **No CPR** clearly communicates: No chest compressions, no defibrillation, no artificial ventilation, no resuscitation attempts.

This ensures there is no misunderstanding in a critical situation.

Acting correctly in an emergency

Hospitals may have access to your living will. However, in an emergency outside your home, this document is usually not immediately available. A card carried in a wallet is often found only after resuscitation has already begun. Emergency responders must be informed immediately if resuscitation is not desired. For this reason, a clearly visible logo has been developed.

It can be placed:

- On the sternum
- On the left side of the chest (heart area), where defibrillator pads are applied

Pre-requisites for use

Before choosing **No CPR**, ask yourself: Have I fully considered my decision? Have I come to terms with death? Do I understand what intensive care treatment involves? Have I informed my relatives? Can they support and accept my wishes? Emergencies are often chaotic and emotionally overwhelming. Emergency services are usually called immediately. It is extremely helpful for paramedics if your relatives understand and support your decision.

Making your decision visible

- 1 Living will**
Completed in full and dated

- 2 Identity card**
Completed in full and carried in your wallet



- 3 Patch or Tattoo**



The **No CPR skin tattoo** indicates that you carry an identification card in your wallet that formally declines resuscitation. The tattoo is water-resistant, allowing to shower or bathe while wearing it. Depending on skin type and care, it typically lasts up to 10 days.



The **No CPR patch** is dated and signed by the wearer and placed over the cardiac region. It serves as a personal declaration of will regarding resuscitation. Depending on skin type and external conditions, the patch lasts up to five days.

Living will

If, due to medical reasons, I am no longer able to make or communicate decisions regarding my medical care, I hereby declare the following, being of sound mind and having full decision-making capacity at the time of signing:

In the event of cardiac and/or respiratory arrest, I expressly refuse any and all resuscitative measures. I direct that no cardiopulmonary resuscitation (CPR) be initiated.

I instruct the medical team to allow natural death to occur and to provide comfort care only, ensuring that I am treated with dignity and that my body is handled ethically and respectfully. This directive reflects my explicit and informed will.

Name / Surname

Date of birth

Citizenship

Address

Post code, City

Place, Date

Signature

- Please turn over -

Order form

I would like to order the following:

Please tick as appropriate.

Pack of 25 tattoos,
CHF 50,—

Pack of 30 patches,
CHF 30,—

Identity card, CHF 25,—

Includes:

- Living will Instructions
- Online video tutorial

Billing and delivery address

Title

Surname

First name

Address

Address

Post code, City

Place, Date

► Order by email: info@nocpr.ch

Separate here

Resuscitation – No, thank you!

www.nocpr.ch



More information
www.nocpr.ch

