

Have you put ICE in your cell phone?

ICE (IN CASE OF EMERGENCY)

Programming emergency contact information into your cell phone under the listing "ICE" (In Case of Emergency) can assist first responders in contacting family and friends in the event you're involved in an emergency.

To program ICE into your cell phone:

- Access the address book feature of your cell phone.
- Enter the name ICE. For more than one contact name and priority, use ICE1, ICE2, ICE3, etc.
- Enter the phone number of your husband, wife, parent or whomever needs to know about you in case of an emergency.
- Make sure the person whose name and number you are giving has agreed to be your ICE partner.
- Make sure your ICE partner has a list of people they should contact on your behalf, including your place of work.
- Make sure your ICE person's number is one that's easy to contact - for example a home number could be useless in an emergency if the person works full-time.
- Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment – for example allergies or current medications.
- Make sure if you are under 18, your ICE partner is a parent or guardian authorized to make decisions on your behalf – for example if you need a life or death operation.