

Alert Medics

You Have Emergency Contacts in your Phone

How to ICE your phone:

- **Type** the acronym ICE into your cell phone followed by a name. Example: ICE-William or ICE-Mom
- **Alert** person that they are an ICE contact for you.
- **Save** their phone number.
- **Apply** an ICE Sticker™ to the back of your phone. This will serve as a visual alert that you have established a communication protocol.



Information to supply to your ICE contact:

- List of all other people you want notified.
- Any medical condition that could affect your emergency treatment (e.g. allergies)

Put it on the back of your phone!

www.icesticker.com

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