

ICE Your Phone



The Centers for Disease Control and Prevention reported, in 2003, 900,000 emergency room patients could not provide information because they were incapacitated.

Originally established in the U.K., the ICE campaign encourages cell phone users to enter in emergency contact information into their mobile phone. ICE allows paramedics or police to contact the designated relative/next of kin in an emergency situation.

How to ICE your phone:

- **Type** the acronym ICE into your cell phone followed by a name. Example: ICE-William or ICE-Jim-Dad
- **Save** their phone number.
- **Alert** person that they are an ICE contact for you.
- **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)

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