

# Alert Medics

You have Entered your ICE (In Case of Emergency) Contacts into your Phone.



In the United States, the Centers for Disease Control and Prevention reported that in 2003, 900,000 emergency room patients could not provide contact information because they were incapacitated.

## How to ICE your phone:

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

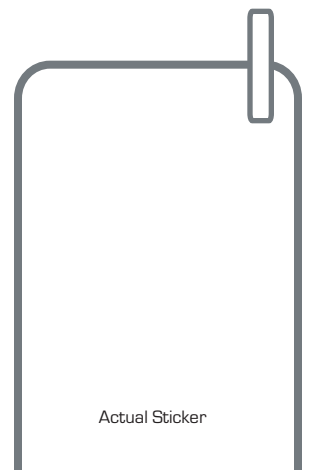
## Information to supply to your ICE contact:

- List of all other people you want notified.
- Any medical condition that could affect your emergency treatment such as allergies.

**Contact  
to get an ICE Sticker™ !**

[www.icesticker.com](http://www.icesticker.com)

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Actual Sticker