

## Spread the Word

Encourage your family, friends and loved ones to add an ICE entry in their cell phone, especially if it will give them peace of mind.

Always include written emergency contact and medical information elsewhere as a safety precaution.

## Precautionary Measures

Taking these simple steps may save a life.

Adding the acronym ICE - In Case of Emergency - to your phone contacts, allows users to log the name and number of someone who should be contacted in an emergency. If you have more than one contact name, use ICE1, ICE2, ICE3, etc.

Contact your local Visiting Angels for more brochures that can help keep our seniors safe and at home!

The screenshot shows a mobile phone contact card titled "In Case of Emergency Standard" with an "Edit" button. The contact information for "John Doe - Medium risk" is displayed on a yellow background: "123 Any Street, Anytown, USA 23423, DOB: 04-08-1983 Sex: Male". Below this, under "EMERGENCY/MEDICAL CONTACTS", are two entries: "Mom (234) 567-8910" and "Dad (234) 987-7654". Under "MEDICATIONS", it lists "Claritin, Ambien". Under "ALLERGIES", it says "None entered". Under "CONDITIONS AND MEDICAL DEVICES", it also says "None entered".

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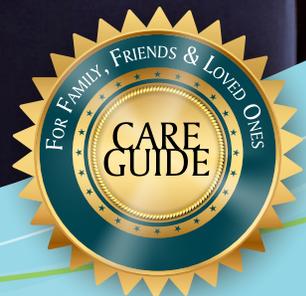
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## In Case of Emergency (ICE)

*ICE Your Phone Today for Peace of Mind!*



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# ICE: In Case of Emergency

It's a simple and effective way of providing emergency responders with a direct line to you! You carry information in your cell phone that allows emergency personnel to contact a family member or friend, but how are they to locate it during an emergency? Simple... ICE your cell phones!



## ICE Standard with Smart911™ - The Official In Case of Emergency Standard Card Smart Phone App

ICE Standard applications - the No.1 Emergency Information app on iTunes - can help save your life. The app puts your emergency health information on the lock screen of your phone so EMTs can get it as quickly as possible.

Ambulances take patients to the ER more than 16 million times each year in the U.S. ICE Standard helps first time responders and

emergency room personnel locate a person's updated medical information, emergency/medical contacts, medical insurance information, blood type, name, address and a picture of the individual. This application was developed by the nonprofit About the Kids foundation with input from EMTs, police officers, firefighters and emergency room personnel.

The phone is considered a backup location for your emergency medical information, but in an accident, your phone may be damaged, overlooked or out of power. A physical emergency card is the best way to provide health information for emergency personnel. The six standard places for emergency personnel to look are:

- 1 - Automobile: Glove Compartment
- 2 - Pedestrians – Wallet or Purse
- 3 - Bicyclists/Motorcycles – Under the Seat
- 4 - Home – Refrigerator Dairy or Butter Dish
- 5 - Athletes – Coach's Possession
- 6 - Work Place – Emergency Response Team Member

Official Emergency Standard Cards can be ordered from [EmergencyStandard.org](http://EmergencyStandard.org).

Put your emergency information on your lock screen, in case you are in an accident.



## Things to Consider

- Confirm the person whose name and number you are using has agreed to be your ICE partner.
- Be sure your ICE partner has a list of people they should contact on your behalf, including your place of employment. Add every number for that individual. Home, work, cell.
- Your ICE partner's number should be one that's easy to contact. For example a home number could be useless in an emergency if the person works full time.
- Tell your ICE partner about any medical conditions that could affect your emergency treatment such as allergies or current medications.
- If you are under 18, your ICE partner should be a parent or guardian authorized to make decisions on your behalf.
- Always enter your ICE contact to include the name of your ICE partner. For example: ICE\_Heather
- If your preferred contact is deaf, then type ICETEXT, the name of your contact before saving the number.
- Place a sticker on or near the photo ID stating "ICE."
- Apply a sticker on the cell phone stating "ICE Loaded". Some cell phones allow you to name the opening screen. This name is visible when the cell phone is turned on. Simply re-name the "wallpaper" screen "ICE Loaded".
- Once you have entered your ICE partner, that individual's name may not appear on your contact list. With some phones, the ICE entry may act as a duplicate, so deleting and re-entry of an existing contact may be needed.
- Once you have entered your ICE contact, verify by scrolling through the cell phone's contact list.