

IN CASE OF EMERGENCY

"ICE" System for Cell Phones

What: In Case of Emergency "ICE" is an effort designed to provide emergency personnel with the next of kin contacts from the injured patient's mobile/cellular phone.

Why: police, fire and other emergency personnel across the US are using this free service -- checking the cellular phones of the injured when they are incapable of providing the necessary medical information

How: make sure your contact is easy to reach.

Follow these easy steps:

In your cell phone address book enter a new contact. Enter the letters "ICE" and type in your contacts name followed by their number

ICEjohndoe 555-555-5555

If you add more than one "ICE" contact, add a priority number

ICEjohndoe1 555-555-5555

ICEmarydoe2 777-777-7777

Make sure "ICE" contacts have a phone list of family members, primary care physicians and main work contact. Provide "ICE" contact(s) with medical conditions, such as allergies, current medications, and previous medical procedures.